



January – April 2015

Leisure Ledger

A guide to Raleigh Parks, Recreation and Cultural Resources
Department's programs, special events, and facilities



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Registration begins **December 2, 2014**
919-996-6640 | parks.raleighnc.gov

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Raleigh Parks, Recreation and Cultural

Resources Department boasts over 200

parks including features like amusements, art centers, athletic facilities, community centers, lakes, nature preserves, off-leash dog parks, playgrounds, swimming pools, historic homes, and open space. With innovative programs offered throughout the year, there are endless opportunities to learn something new, refine your skills, or just meet new friends. Whether you play a game of tennis on one of the 112 courts, dive into one of the 9 pools, explore over 100 miles of paved greenway, or simply enjoy a picnic in the park, we hope you will take time to discover YOUR Raleigh Parks, Recreation and Cultural Resources Department!



Get involved in the Raleigh Arts Plan! We need to hear from all citizens on how you want to live creatively and how that can shape Raleigh as the Southern Capital of Arts and Culture.

www.RaleighArtsPlan.com
(919) 996-3610

discover your

Raleigh Parks, Recreation and Cultural Resources Department

3 Ways to Register

Registration Status: Check the status of your registration at any time by going to **RecLink.raleighnc.gov**
Click on My Account and select View Full Purchase History.



Browse or Register online with RecLink

Visit RecLink.raleighnc.gov

RecLink allows you to search for classes, programs, and events by age, location, barcode, or keyword. With your Family PIN and Client Barcode you can then complete your registration and payment online.



mail-in

Send registration form and payment to:

**Raleigh Parks, Recreation and
Cultural Resources Department**
Attn: Recreation Business Office
Pullen Arts Center
105 Pullen Road
Raleigh, NC 27607



walk-in

Bring your completed registration form and payment to one of our staffed Recreation sites during regular business hours.

For more information about online registration, visit reclink.raleighnc.gov or call 919-996-2153 (RecLink)

Be Social

Pinterest

pinterest.com/raleighparks



Instagram.com/raleighparks



YouTube.com/raleighparksandrec

twitter

[@raleighparks](https://twitter.com/raleighparks)



facebook.com/raleighparks

MyRaleighSubscriptions

sign up at www.raleighnc.gov to receive emails or text messages about a variety of City of Raleigh topics including Parks and Recreation.





RALEIGH Parks,
Recreation *and*
Cultural Resources
parks.raleighnc.gov

Raleigh City Council*

Mayor: Nancy McFarlane
Mary-Ann Baldwin
Kay Crowder
Bonner Gaylord
Wayne Maiorano
John Odom
Russ Stephenson
Eugene Weeks

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Richard Bostic
Jay Chaudhuri
Steve Hepler
Jennifer Hoverstad
Lorenzo Jackson
Rodger Koopman
Thomas Moore
Robert Putze
Kevin Seymor
Amy Simes
Michael Surasky
Johnny Tilleff
Mark Turner

*at time of printing

Parks, Recreation and Greenway Advisory Board Meetings are held on the 3rd Thursday at 5:30pm of each month. Please check the City website for location. The public is invited to attend.

Arts Commission Members

Joanne Casey
Joe Cebina
Jason Craighead
Linda Dallas
R. Gene Davis, Jr.
Laurent de Comarmond
Diane Kuehn
Clyde Lundy
Andy Martin
Nancy Novell
Sarah Powers
Stan Williams

Management Team

Director: Diane Sauer
Assistant Director:
Scott Payne
Building Maintenance Superintendent:
Billy Jackson
Business Superintendent:
Kim Kittner
Design/Development Administrator:
Dick Bailey
Parks Superintendent:
Wayne Schindler
Recreation Superintendent:
Ken Hisler
Strategic Planning Superintendent:
Stephen Bentley

Historic Resources and Museum Program Advisory Board

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Dwight Coleman
Nick Fountain
Barbara Freedman
Melissa Hockaday
Treva Jones
Joe Mobley
Ed Morris
Greg Paul
Edna Rich-Ballentine
Cyrus Stacey
Tom Ward
John Odom
Amy Simes

City of Raleigh Historic Cemetery Advisory Board

Jimmy Thiem
Jenny Harper
Terry Harper
Jane Thurman
Jose Fraser
Danny Coleman
David Brown

Public Art and Design Board

Clymer Cease
Laurent de Comarmond, Chair
Linda Noble
Bob Rankin
Kathleen Rieder
Thomas Sayre
Brian Starkey

Special Events

January

Mordecai Free Friday

Mordecai Historic Park
Age: All Ages. Mordecai will offer free tours throughout the day on this special Friday. Tours include the Mordecai House, Andrew Johnson Birthplace, St. Mark's Chapel, and Allen Kitchen. Tours begin on the hour and half hour and are limited to 20 persons per tour. The first tour will begin at 10am and the last tour at 3pm. Free tours are only offered twice a year, so don't miss out! First come first serve. No registration necessary. \$0
#168280 Jan 16 F 10:00am-3:00pm

March

Egg Hunt

Age: Up to 10 yrs. Come join your local community center on Saturday, March 28 for a fun-filled morning! Check with the center closest to you to find out what exciting pre-hunt events are planned and for the inclement weather policy. Hunts start promptly at 11:00am. This is a free activity and pre-registration is not required. \$0

Mar 28 Sa 11:00am
* Pre-Hunt Event at 10:00am

Anderson Point	919-996-5994
Biltmore Hills	919-831-6895
* Brier Creek	919-420-2340
* John Chavis	919-831-6989
* Laurel Hills	919-420-2383
* Milbrook Exchange	919-996-4156
* Mordecai	919-996-4364
Pullen Amusements	919-996-6468
* Spring Forest Road	919-872-4140
* Tarboro Road	919-831-6505



Adventure

Program Manager: Zac Huston

The Adventure Program provides Raleigh and surrounding communities with instructional opportunities for beginners through experts. The Adventure Program creates experiences that embrace experiential learning, create group experiences that create a sense of team, provide instructional foundations in a range of activities. Come join us for an adventure this year. For more information call 919-996-6855.



Adult

Bike Maintenance

Age: 14yrs and up. Stop paying for costly bike repairs that can be done on your own! Learn how to wrench on your bike for less than the cost of having flats changed for you. Participants of this course will learn to change flat tires, adjust gears and brakes, and look after the well being of your beloved bicycle. Road bikes, mountain bikes, comforts and cruisers; it doesn't matter. We will have you back on your ride lickity split. Spend more time riding and less time waiting on repairs! Bring your bike and wear clothes that can get dirty. Contact the Adventure Program at 919-996-6855.

Glen Eden Park

Course Fee: \$15
#166450 Apr 12 Su 1:00-4:00pm

Lake Lynn Community Center

Course Fee: \$15
#166449 Mar 15 Su 1:00-4:00pm

Guide 'N' Ride – Greenway

Age: 18yrs and up. Guide 'n' Ride is our newest program that focuses on getting you out there and having more of a guided-tour experience, rather than an instructional-based one that focuses on building skills. We want you to try this out, to explore, and to find a

new place you love to ride. The Greenway is a paved bike path that winds through the woods, along creeks and streams, to connect you to various parks throughout the city. So join our staff and learn how to get around town. We'll be teaching biking fundamentals, including rules of the road and unwritten rules for riding on the multi-use trails, before taking a ride to explore the greenway around Raleigh.

Glen Eden Park – Course Fee: \$15

#166877 Mar 21 Sa 11:30am-3:30pm

Intermediate Rock Climbing

Age: 12yrs and up. Want to break free of climbing gyms and go rock climbing on real rock? We thought you would. In Intermediate Rock Climbing our instructors will provide you with the needed equipment, set up the climbs and give you feedback on how to improve your climbing. Transportation to and from the climb site at Pilot Mountain is provided. Pilot Mountain has become one of the premier climbing areas in North Carolina due to its accessibility, variety of climbs and expansive views of the surrounding area. Be prepared for a full day of muscle burn and fun! For more information, please call 919-996-6855.

Frank E. Evans Administrative Bldg.

Course Fee: \$75
#166479 Apr 18 Sa 7:00am-6:00pm

Introduction to Rock Climbing

Age: 12yrs and up. Join the Adventure Staff for a challenging half day of indoor rock climbing at one of the Triangle's modern rock gyms. Our instructors will focus on teaching concepts associated with belaying and will provide adequate practice to develop it into an acquired skill. By the end of the class participants will be ready to take any climbing center belay test, a requirement to utilize indoor climbing facilities. Equipment, instruction, transportation, and plenty of climbing opportunities will be provided. Contact the Adventure Program at 919-996-6855 for more information.

Frank E. Evans Administrative Bldg.

Course Fee: \$30

#166453	Jan 24	Sa	9:30am-1:00pm
#166454	Feb 28	Sa	9:30am-1:00pm
#166455	Mar 28	Sa	9:30am-1:00pm

Kayak Basics

Age: 12yrs and up. Kayak Basics is an introductory-level course for those wishing to learn more about the sport of kayaking. This 4-hour course provides a comfortable and pleasant environment in which to learn the basics of paddling. Our calm, friendly instructors will help lay a strong foundation of skills so you will be ready for moving-water instruction on local rivers. Kayak experience is not required but participants should have basic swimming ability and comfort under water. Equipment and instruction are provided. Pre-registration is required. Please call the Adventure Program at 919-996-6855 for more information or to register.

Optimist Pool – Course Fee: \$55

#166458	Jan 31	Sa	1:00-5:00pm
#166459	Apr 11	Sa	1:00-5:00pm

Kayak Pool Sessions

Age: 12yrs and up. Pool sessions are open practice times for all levels of paddlers, whether you're working on playboating, perfecting your roll, or just wanting to try out the sport. Formal instruction is not provided, but a brief, basic boat orientation is available for beginners. So take advantage of the warm water at the pool and come practice your paddling! Cost is \$4 for Residents and \$8 for Non-Residents. There is no preregistration. Funds will be taken at the front desk on the day of each pool session.

Optimist Pool

Jan 2	F	5:00-8:00pm
Jan 9	F	5:00-8:00pm
Jan 16	F	5:00-8:00pm
Jan 23	F	5:00-8:00pm
Jan 30	F	5:00-8:00pm
Feb 6	F	5:00-8:00pm
Feb 13	F	5:00-8:00pm
Feb 20	F	5:00-8:00pm
Feb 27	F	5:00-8:00pm
Mar 6	F	5:00-8:00pm
Mar 13	F	5:00-8:00pm
Mar 20	F	5:00-8:00pm
Mar 27	F	5:00-8:00pm
Apr 10	F	5:00-8:00pm
Apr 17	F	5:00-8:00pm

Aquatics

For information about dates of operations, hours of operation, and amenities please visit <http://www.raleighnc.gov/parks> and look under Recreation for Aquatics Programs.

Admission Fees

To ensure everyone's safety, all visitors passing the front desk must pay! Children 12 years old or younger must be accompanied by paying adult.

All passes are not transferable and become property of the City of Raleigh upon expiration date. Replacement passes are available for \$10.



All Pools (with the exception of Buffaloe Road Aquatic Center)

At The Door	Resident	Non-Res
1-12 years	\$2	\$3
13-54 years	\$4	\$7
55 and older	\$3	\$5

Buffaloe Road Aquatic Center

At The Door	Resident	Non-Res
1-12 years	\$3	\$6
13-54 years	\$7	\$14
55 and older	\$5	\$10

All Pools

Photo I.D. Pass
may be purchased at all pools.

Punch Passes

Purchased at each pool for 15 swims.

	Resident	Non-Res
1-12 years	\$24	\$36
13-54 years	\$48	\$84
55 and older	\$36	\$60

Monthly Pass	Resident	Non-Res
1-12 years	\$18	\$27
13-54 years	\$36	\$63
55 and older	\$27	\$45

Annual Pass	Resident	Non-Res
	(valid one year-to-date)	
1-12 years	\$120	\$180
13-54 years	\$240	\$420
55 and older	\$180	\$300

Preschool

Parent and Child Aquatics Level 1

Age: 6mths-3yrs. Level 1 Parent and Child Swim Lessons introduces basic skills to parents and children. Parents are taught to safely and appropriately hold their child in the water while preparing and encouraging their child to participate fully and try the skills. Water safety topics are also introduced and directed to parents. These basic skills will lay the foundation to help them learn to swim in the future.

Buffaloe Road Aquatic Center

Course Fee: \$39			
#165678	Jan 3-24	Sa	10:10-10:40am
#165683	Feb 7-28	Sa	10:10-10:40am
#165686	Mar 7-28	Sa	10:10-10:40am
#165689	Apr 11-May 2	Sa	10:10-10:40am
Course Fee: \$54			
#165679	Jan 6-22	T,Th	10:50-11:20am
#165680	Jan 6-22	T,Th	4:30-5:00pm
#165681	Feb 3-19	T,Th	10:50-11:20am
#165682	Feb 3-19	T,Th	4:30-5:00pm
#165684	Mar 3-19	T,Th	10:50-11:20am
#165685	Mar 3-19	T,Th	4:30-5:00pm
#165687	Apr 7-23	T,Th	10:50-11:20am
#165688	Apr 7-23	T,Th	4:30-5:00pm

Millbrook Pool

Course Fee: \$39			
#166112	Jan 24-Feb 14	Sa	9:30-10:00am
#166117	Feb 21-Mar 14	Sa	9:30-10:00am
#166120	Apr 4-25	Sa	9:30-10:00am
Course Fee: \$54			
#166113	Jan 26-Feb 11	M,W	10:10-10:40am
#166114	Jan 26-Feb 11	M,W	5:50-6:20pm
#166115	Feb 16-Mar 4	M,W	10:10-10:40am
#166116	Feb 16-Mar 4	M,W	6:30-7:00pm
#166118	Mar 9-Apr 1	M,W	10:10-10:40am
#166119	Mar 9-Apr 1	M,W	5:50-6:20pm
#166121	Apr 6-22	M,W	10:10-10:40am
#166122	Apr 6-22	M,W	6:30-7:00pm

Optimist Pool

Course Fee: \$39			
#166437	Jan 24-Feb 14	Sa	10:10-10:40am
#166444	Feb 21-Mar 14	Sa	10:10-10:40am
#166461	Apr 11-May 2	Sa	10:10-10:40am
Course Fee: \$54			
#166431	Jan 6-22	T,Th	10:50-11:20am
#166433	Jan 6-22	T,Th	5:10-5:40pm
#166442	Feb 3-19	T,Th	10:50-11:20am
#166443	Feb 3-19	T,Th	5:10-5:40pm
#166451	Mar 3-19	T,Th	10:50-11:20am
#166452	Mar 3-19	T,Th	5:10-5:40pm
#166456	Apr 7-23	T,Th	10:50-11:20am
#166457	Apr 21-May 7	T,Th	5:10-5:40pm

Pullen Aquatic Center

Course Fee: \$39			
#166736	Jan 10-31	Sa	11:30am-12:00pm
#166738	Feb 7-28	Sa	11:30am-12:00pm
#166741	Apr 11-May 2	Sa	11:30am-12:00pm
Course Fee: \$70			
#166729	Jan 6-29	T,Th	5:10-5:40pm
#166737	Feb 3-Mar 3	T,Th	5:10-5:40pm
#166739	Mar 10-Apr 9	T,Th	10:10-10:40am
#166740	Mar 10-Apr 9	T,Th	5:10-5:40pm
#166744	Apr 14-May 7	T,Th	10:10-10:40am
#166745	Apr 14-May 7	T,Th	5:10-5:40pm

Parent and Child Aquatics Level 2

Age: 6mths-3yrs. Participants improve on skills from Level 1 Parent and Child Swim Lessons and learn more advanced skills to prepare them for Level 1 Preschool Swim Lessons. Three year olds ready to learn without a parent or caregiver should enroll in Level 1 Preschool Swim Lessons.

Buffaloe Road Aquatic Center

Course Fee: \$39			
#165690	Jan 3-24	Sa	10:10-10:40am
#165695	Feb 7-28	Sa	10:10-10:40am
#165698	Mar 7-28	Sa	10:10-10:40am
#165701	Apr 11-May 2	Sa	10:10-10:40am
Course Fee: \$54			
#165691	Jan 6-22	T,Th	10:50-11:20am
#165692	Jan 6-22	T,Th	4:30-5:00pm
#165693	Feb 3-19	T,Th	10:50-11:20am
#165694	Feb 3-19	T,Th	4:30-5:00pm
#165696	Mar 3-19	T,Th	10:50-11:20am
#165697	Mar 3-19	T,Th	4:30-5:00pm
#165699	Apr 7-23	T,Th	10:50-11:20am
#165700	Apr 7-23	T,Th	4:30-5:00pm

Millbrook Pool

Course Fee: \$39			
#166123	Jan 24-Feb 14	Sa	10:10-10:40am
#166128	Feb 21-Mar 14	Sa	10:10-10:40am
#166131	Apr 4-25	Sa	10:10-10:40am
Course Fee: \$54			
#166124	Jan 26-Feb 11	M,W	10:10-10:40am
#166125	Jan 26-Feb 11	M,W	5:50-6:20pm
#166126	Feb 16-Mar 4	M,W	10:10-10:40am
#166127	Feb 16-Mar 4	M,W	6:30-7:00pm
#166129	Mar 9-Apr 1	M,W	10:10-10:40am
#166130	Mar 9-Apr 1	M,W	5:50-6:20pm
#166132	Apr 6-22	M,W	10:10-10:40am
#166133	Apr 6-22	M,W	6:30-7:00pm

Optimist Pool

Course Fee: \$54			
#166478	Jan 6-22	T,Th	10:50-11:20am
#166480	Jan 6-22	T,Th	5:10-5:40pm
#166481	Jan 24-Feb 14	Sa	10:50-11:20am
#166482	Feb 3-19	T,Th	10:50-11:20am
#166483	Feb 3-19	T,Th	5:10-5:40pm
#166484	Feb 21-Mar 14	Sa	10:50-11:20am
#166485	Mar 3-19	T,Th	10:50-11:20am
#166486	Mar 3-19	T,Th	5:10-5:40pm
#166487	Apr 7-23	T,Th	10:50-11:20am
#166488	Apr 7-23	T,Th	5:10-5:40pm
#166489	Apr 11-May 2	Sa	10:50-11:20am

Pullen Aquatic Center

Course Fee: \$39			
#166749	Jan 10-31	Sa	11:30am-12:00pm
#166754	Feb 7-28	Sa	11:30am-12:00pm
#166759	Apr 11-May 2	Sa	11:30am-12:00pm
Course Fee: \$70			
#166748	Jan 6-29	T,Th	5:50-6:20pm
#166751	Feb 3-Mar 3	T,Th	5:50-6:20pm
#166756	Mar 10-Apr 9	T,Th	10:50-11:20am
#166758	Mar 10-Apr 9	T,Th	5:50-6:20pm
#166761	Apr 14-May 7	T,Th	10:50-11:20am
#166762	Apr 14-May 7	T,Th	5:50-6:20pm

Preschool Aquatics Level 1

Age: 3-5yrs. Helps participants feel comfortable in the water and to enjoy the water. Participants learn elementary aquatic skills such as learning underwater exploration while opening eyes, blowing bubbles and floating with assistance. Participants start developing good attitudes and safe practices around the water. There are no prerequisites for this course.

Buffaloe Road Aquatic Center

Course Fee: \$39

#165702	Jan 3-24	Sa	10:50-11:20am
#165709	Feb 7-28	Sa	10:50-11:20am
#165713	Mar 7-28	Sa	10:50-11:20am
#165717	Apr 11-May 2	Sa	10:50-11:20am

Course Fee: \$54

#165703	Jan 6-22	T,Th	10:10-10:40am
#165704	Jan 6-22	T,Th	11:30am-12:00pm
#165705	Jan 6-22	T,Th	5:10-5:40pm
#165706	Feb 3-19	T,Th	10:10-10:40am
#165707	Feb 3-19	T,Th	11:30am-12:00pm
#165708	Feb 3-19	T,Th	5:10-5:40pm
#165710	Mar 3-19	T,Th	10:10-10:40am
#165711	Mar 3-19	T,Th	11:30am-12:00pm
#165712	Mar 3-19	T,Th	5:10-5:40pm
#165714	Apr 7-23	T,Th	10:10-10:40am
#165715	Apr 7-23	T,Th	11:30am-12:00pm
#165716	Apr 7-23	T,Th	5:10-5:40pm

Millbrook Pool

Course Fee: \$39

#166134	Jan 24-Feb 14	Sa	9:30-10:00am
#166135	Jan 24-Feb 14	Sa	11:30am-12:00pm
#166140	Feb 21-Mar 14	Sa	9:30-10:00am
#166141	Feb 21-Mar 14	Sa	11:30am-12:00pm
#166144	Apr 4-25	Sa	9:30-10:00am
#166145	Apr 4-25	Sa	11:30am-12:00pm

Course Fee: \$54

#166136	Jan 26-Feb 11	M,W	10:10-10:40am
#166137	Jan 26-Feb 11	M,W	5:10-5:40pm
#166138	Feb 16-Mar 4	M,W	10:10-10:40am
#166139	Feb 16-Mar 4	M,W	5:10-5:40pm
#166142	Mar 9-Apr 1	M,W	10:10-10:40am
#166143	Mar 9-Apr 1	M,W	5:10-5:40pm
#166146	Apr 6-22	M,W	10:10-10:40am
#166147	Apr 6-22	M,W	5:10-5:40pm

Optimist Pool

Course Fee: \$39

#166493	Jan 24-Feb 14	Sa	10:10-10:40am
#166495	Jan 24-Feb 14	Sa	11:30am-12:00pm
#166498	Feb 21-Mar 14	Sa	10:10-10:40am
#166499	Feb 21-Mar 14	Sa	11:30am-12:00pm
#166505	Apr 11-May 2	Sa	10:10-10:40am
#166507	Apr 11-May 2	Sa	11:30am-12:00pm

Course Fee: \$54

#166491	Jan 6-22	T,Th	10:50-11:20am
#166492	Jan 6-22	T,Th	5:50-6:20pm
#166496	Feb 3-19	T,Th	10:50-11:20am
#166497	Feb 3-19	T,Th	5:50-6:20pm
#166500	Mar 3-19	T,Th	10:50-11:20am
#166501	Mar 3-19	T,Th	5:50-6:20pm
#166502	Apr 7-23	T,Th	10:50-11:20am
#166503	Apr 7-23	T,Th	5:50-6:20pm

Pullen Aquatic Center

Course Fee: \$39

#166767	Jan 10-31	Sa	10:50-11:20am
#166769	Feb 7-28	Sa	10:50-11:20am
#166773	Apr 11-May 2	Sa	10:50-11:20am

Course Fee: \$70

#166766	Jan 6-29	T,Th	5:10-5:40pm
#166768	Feb 3-Mar 3	T,Th	5:10-5:40pm
#166770	Mar 10-Apr 9	T,Th	10:10-10:40am
#166771	Mar 10-Apr 9	T,Th	11:30am-12:00pm

#166772	Mar 10-Apr 9	T,Th	5:10-5:40pm
#166774	Apr 14-May 7	T,Th	10:10-10:40am
#166775	Apr 14-May 7	T,Th	11:30am-12:00pm
#166776	Apr 14-May 7	T,Th	5:10-5:40pm

Preschool Aquatics Level 2

Age: 3-5yrs. Participants must be able to perform the exit skills for Level 1 Preschool Swim Lessons. In Level 2, participants are going under the water completely while blowing bubbles out of their mouth and nose. Participants learn to float without support and how to recover to a vertical position. This level marks the beginning of true locomotive skills while building on the skills learned in Level 1.

Buffaloe Road Aquatic Center

Course Fee: \$39

#165737	Jan 3-24	Sa	10:50-11:20am
#165743	Feb 7-28	Sa	10:50-11:20am
#165746	Mar 7-28	Sa	10:50-11:20am
#165749	Apr 11-May 2	Sa	10:50-11:20am

Course Fee: \$54

#165739	Jan 6-22	T,Th	10:10-10:40am
#165740	Jan 6-22	T,Th	5:10-5:40pm
#165741	Feb 3-19	T,Th	10:10-10:40am
#165742	Feb 3-19	T,Th	5:10-5:40pm
#165744	Mar 3-19	T,Th	10:10-10:40am
#165745	Mar 3-19	T,Th	5:10-5:40pm
#165747	Apr 7-23	T,Th	10:10-10:40am
#165748	Apr 7-23	T,Th	5:10-5:40pm

Millbrook Pool

Course Fee: \$39

#166148	Jan 24-Feb 14	Sa	10:10-10:40am
#166153	Feb 21-Mar 14	Sa	10:10-10:40am
#166156	Apr 4-25	Sa	10:10-10:40am

Course Fee: \$54

#166149	Jan 26-Feb 11	M,W	10:50-11:20am
#166150	Jan 26-Feb 11	M,W	5:10-5:40pm
#166151	Feb 16-Mar 4	M,W	10:50-11:20am
#166152	Feb 16-Mar 4	M,W	5:10-5:40pm
#166154	Mar 9-Apr 1	M,W	10:50-11:20am
#166155	Mar 9-Apr 1	M,W	5:10-5:40pm
#166157	Apr 6-22	M,W	10:50-11:20am
#166158	Apr 6-22	M,W	5:10-5:40pm

Optimist Pool

Course Fee: \$39

#166512	Jan 24-Feb 14	Sa	10:10-10:40am
#166514	Jan 24-Feb 14	Sa	11:30am-12:00pm
#166517	Feb 21-Mar 14	Sa	10:10-10:40am
#166518	Feb 21-Mar 14	Sa	11:30am-12:00pm
#166523	Apr 11-May 2	Sa	10:10-10:40am
#166524	Apr 11-May 2	Sa	11:30am-12:00pm

Course Fee: \$54

#166510	Jan 6-22	T,Th	11:30am-12:00pm
#166511	Jan 6-22	T,Th	5:50-6:20pm
#166515	Feb 3-19	T,Th	11:30am-12:00pm
#166516	Feb 3-19	T,Th	5:50-6:20pm
#166519	Mar 3-19	T,Th	11:30am-12:00pm
#166520	Mar 3-19	T,Th	5:50-6:20pm
#166521	Apr 7-23	T,Th	11:30am-12:00pm
#166522	Apr 7-23	T,Th	5:50-6:20pm

Pullen Aquatic Center

Course Fee: \$39

#166778	Jan 10-31	Sa	10:10-10:40am
#166780	Feb 7-28	Sa	10:10-10:40am
#166784	Apr 11-May 2	Sa	10:10-10:40am

Course Fee: \$70

#166777	Jan 6-29	T,Th	5:50-6:20pm
#166779	Feb 3-Mar 3	T,Th	5:50-6:20pm
#166782	Mar 10-Apr 9	T,Th	10:50-11:20am
#166783	Mar 10-Apr 9	T,Th	5:50-6:20pm
#166785	Apr 14-May 7	T,Th	10:50-11:20am
#166788	Apr 14-May 7	T,Th	5:50-6:20pm

Preschool Aquatics Level 3

Age: 3-5yrs. Must have completed exit skills in Level 2 Preschool Swim Lessons. While building on skills learned in Level 2, participants learn to effectively coordinate combined simultaneous and alternating arm and leg actions. Level 3 lets participants master being able to perform skills without assistance.

Buffaloe Road Aquatic Center

Course Fee: \$39

#165751	Jan 3-24	Sa	10:50-11:20am
#165756	Feb 7-28	Sa	10:50-11:20am
#165759	Mar 7-28	Sa	10:50-11:20am
#165762	Apr 11-May 2	Sa	10:50-11:20am

Course Fee: \$54

#165752	Jan 6-22	T,Th	11:30am-12:00pm
#165753	Jan 6-22	T,Th	5:10-5:40pm
#165754	Feb 3-19	T,Th	11:30am-12:00pm
#165755	Feb 3-19	T,Th	5:10-5:40pm
#165757	Mar 3-19	T,Th	11:30am-12:00pm
#165758	Mar 3-19	T,Th	5:10-5:40pm
#165760	Apr 7-23	T,Th	11:30am-12:00pm
#165761	Apr 7-23	T,Th	5:10-5:40pm

Millbrook Pool

Course Fee: \$39

#166159	Jan 24-Feb 14	Sa	10:50-11:20am
#166164	Feb 21-Mar 14	Sa	10:50-11:20am
#166167	Apr 4-25	Sa	10:50-11:20am

Course Fee: \$54

#166160	Jan 26-Feb 11	M,W	10:50-11:20am
#166161	Jan 26-Feb 11	M,W	5:10-5:40pm
#166162	Feb 16-Mar 4	M,W	10:50-11:20am
#166163	Feb 16-Mar 4	M,W	5:10-5:40pm
#166165	Mar 9-Apr 1	M,W	10:50-11:20am
#166166	Mar 9-Apr 1	M,W	5:10-5:40pm
#166168	Apr 6-22	M,W	10:50-11:20am
#166169	Apr 6-22	M,W	5:10-5:40pm

Optimist Pool

Course Fee: \$39

#166528	Jan 24-Feb 14	Sa	10:50-11:20am
#166531	Feb 21-Mar 14	Sa	10:50-11:20am
#166539	Apr 11-May 2	Sa	10:50-11:20am

Course Fee: \$54

#166525	Jan 6-22	T,Th	11:30am-12:00pm
#166526	Jan 6-22	T,Th	5:50-6:20pm
#166529	Feb 3-19	T,Th	11:30am-12:00pm
#166530	Feb 3-19	T,Th	5:50-6:20pm
#166532	Mar 3-19	T,Th	11:30am-12:00pm
#166536	Mar 3-19	T,Th	5:50-6:20pm
#166537	Apr 7-23	T,Th	11:30am-12:00pm
#166538	Apr 7-23	T,Th	5:50-6:20pm

Pullen Aquatic Center

Course Fee: \$39

#166791	Jan 10-31	Sa	9:30-10:00am
#166794	Feb 7-28	Sa	9:30-10:00am
#166799	Apr 11-May 2	Sa	9:30-10:00am

Course Fee: \$70

#166789	Jan 6-29	T,Th	6:30-7:00pm
#166793	Feb 3-Mar 3	T,Th	6:30-7:00pm
#166796	Mar 10-Apr 9	T,Th	11:30am-12:00pm
#166797	Mar 10-Apr 9	T,Th	6:30-7:00pm
#166800	Apr 14-May 7	T,Th	11:30am-12:00pm
#166806	Apr 14-May 7	T,Th	6:30-7:00pm

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Youth

Swim Lesson – Level 1 Intro Water Skills

Age: 6-13yrs. School-age participants learn elementary aquatic skills. This class helps participants feel comfortable in the water and to enjoy the water, learn underwater exploration while opening eyes, blowing bubbles and floating with assistance. Participants start developing good attitudes and safe practices around the water.

Buffaloe Road Aquatic Center

Course Fee: \$39			
#165763	Jan 3-24	Sa	11:30am-12:00pm
#165766	Feb 7-28	Sa	11:30am-12:00pm
#165769	Mar 7-28	Sa	11:30am-12:00pm
#165771	Apr 11-May 2	Sa	11:30am-12:00pm
Course Fee: \$54			
#165764	Jan 6-22	T,Th	5:50-6:20pm
#165765	Feb 3-19	T,Th	5:50-6:20pm
#165768	Mar 3-19	T,Th	5:50-6:20pm
#165770	Apr 7-23	T,Th	5:50-6:20pm

Millbrook Pool

Course Fee: \$39			
#166170	Jan 24-Feb 14	Sa	9:30-10:00am
#166171	Jan 24-Feb 14	Sa	11:30am-12:00pm
#166174	Feb 21-Mar 14	Sa	9:30-10:00am
#166175	Feb 21-Mar 14	Sa	11:30am-12:00pm
#166177	Apr 4-25	Sa	9:30-10:00am
#166178	Apr 4-25	Sa	11:30am-12:00pm
Course Fee: \$54			
#166172	Jan 26-Feb 11	M,W	6:30-7:00pm
#166173	Feb 16-Mar 4	M,W	5:50-6:20pm
#166176	Mar 9-Apr 1	M,W	6:30-7:00pm
#166179	Apr 6-22	M,W	5:50-6:20pm

Optimist Pool

Course Fee: \$39			
#166541	Jan 24-Feb 14	Sa	10:10-10:40am
#166542	Jan 24-Feb 14	Sa	11:30am-12:00pm
#166544	Feb 21-Mar 14	Sa	10:10-10:40am
#166545	Feb 21-Mar 14	Sa	11:30am-12:00pm
#166548	Apr 11-May 2	Sa	10:10-10:40am
#166549	Apr 11-May 2	Sa	11:30am-12:00pm
Course Fee: \$54			
#166540	Jan 6-22	T,Th	6:30-7:00pm
#166543	Feb 3-19	T,Th	6:30-7:00pm
#166546	Mar 3-19	T,Th	6:30-7:00pm
#166547	Apr 7-23	T,Th	6:30-7:00pm

Pullen Aquatic Center

Course Fee: \$39			
#166813	Jan 10-31	Sa	10:50-11:20am
#166815	Feb 7-28	Sa	10:50-11:20am
#166817	Apr 11-May 2	Sa	10:50-11:20am
Course Fee: \$70			
#166810	Jan 6-29	T,Th	5:10-5:40pm
#166814	Feb 3-Mar 3	T,Th	5:10-5:40pm
#166816	Mar 10-Apr 9	T,Th	5:10-5:40pm
#166818	Apr 14-May 7	T,Th	5:10-5:40pm

Swim Lesson – Level 2 Fundamental Skills

Age: 6-13yrs. Must have completed exit skills in Level 1. In Level 2, participants are going under the water completely while blowing bubbles out of their nose and mouth. Participants learn to float without support and how to recover to a vertical position. This level marks the beginning of true locomotive skills while building on the skills learned in Level 1.

Buffaloe Road Aquatic Center

Course Fee: \$39			
#165772	Jan 3-24	Sa	11:30am-12:00pm
#165775	Feb 7-28	Sa	11:30am-12:00pm
#165777	Mar 7-28	Sa	11:30am-12:00pm
#165779	Apr 11-May 2	Sa	11:30am-12:00pm
Course Fee: \$54			
#165773	Jan 6-22	T,Th	5:50-6:20pm
#165774	Feb 3-19	T,Th	5:50-6:20pm
#165776	Mar 3-19	T,Th	5:50-6:20pm
#165778	Apr 7-23	T,Th	5:50-6:20pm

Millbrook Pool

Course Fee: \$39			
#166180	Jan 24-Feb 14	Sa	10:10-10:40am
#166183	Feb 21-Mar 14	Sa	10:10-10:40am
#166185	Apr 4-25	Sa	10:10-10:40am
Course Fee: \$54			
#166181	Jan 26-Feb 11	M,W	6:30-7:00pm
#166182	Feb 16-Mar 4	M,W	5:50-6:20pm
#166184	Mar 9-Apr 1	M,W	6:30-7:00pm
#166186	Apr 6-22	M,W	5:50-6:20pm

Optimist Pool

Course Fee: \$39			
#166551	Jan 24-Feb 14	Sa	10:50-11:20am
#166552	Jan 24-Feb 14	Sa	11:30am-12:00pm
#166554	Feb 21-Mar 14	Sa	10:50-11:20am
#166555	Feb 21-Mar 14	Sa	11:30am-12:00pm
#166558	Apr 11-May 2	Sa	10:50-11:20am
#166559	Apr 11-May 2	Sa	11:30am-12:00pm
Course Fee: \$54			
#166550	Jan 6-22	T,Th	6:30-7:00pm
#166553	Feb 3-19	T,Th	6:30-7:00pm
#166556	Mar 3-19	T,Th	6:30-7:00pm
#166557	Apr 7-23	T,Th	6:30-7:00pm

Pullen Aquatic Center

Course Fee: \$39			
#166824	Jan 10-31	Sa	10:10-10:40am
#166826	Feb 7-28	Sa	10:10-10:40am
#166843	Apr 11-May 2	Sa	10:10-10:40am
Course Fee: \$70			
#166823	Jan 6-29	T,Th	5:50-6:20pm
#166825	Feb 3-Mar 3	T,Th	5:50-6:20pm
#166827	Mar 10-Apr 9	T,Th	5:50-6:20pm
#166844	Apr 14-May 7	T,Th	5:50-6:20pm

Swim Lesson – Level 3 Stroke Development

Age: 6-13yrs. Must have completed exit skills in Level 2. While building on skills learned in Level 2, participants learn to effectively coordinate combined alternating and simultaneous arm and leg actions. Level 3 lets participants master being able to perform skills without assistance, learn survival float, elementary backstroke, dolphin and scissor kicks, and the coordination of the front crawl.

Buffaloe Road Aquatic Center

Course Fee: \$39			
#165781	Jan 3-24	Sa	11:30am-12:00pm
#165785	Feb 7-28	Sa	11:30am-12:00pm
#165787	Mar 7-28	Sa	11:30am-12:00pm
#165789	Apr 11-May 2	Sa	11:30am-12:00pm
Course Fee: \$54			
#165782	Jan 6-22	T,Th	5:50-6:20pm
#165784	Feb 3-19	T,Th	5:50-6:20pm
#165786	Mar 3-19	T,Th	5:50-6:20pm
#165788	Apr 7-23	T,Th	5:50-6:20pm

Millbrook Pool

Course Fee: \$39			
#166187	Jan 24-Feb 14	Sa	10:50-11:20am
#166190	Feb 21-Mar 14	Sa	10:50-11:20am
#166192	Apr 4-25	Sa	10:50-11:20am
Course Fee: \$54			
#166188	Jan 26-Feb 11	M,W	6:30-7:00pm

#166189	Feb 16-Mar 4	M,W	5:50-6:20pm
#166191	Mar 9-Apr 1	M,W	6:30-7:00pm
#166193	Apr 6-22	M,W	5:50-6:20pm

Optimist Pool

Course Fee: \$39			
#166561	Jan 24-Feb 14	Sa	10:50-11:20am
#166563	Feb 21-Mar 14	Sa	10:50-11:20am
#166566	Apr 11-May 2	Sa	10:50-11:20am
Course Fee: \$54			
#166560	Jan 6-22	T,Th	6:30-7:00pm
#166562	Feb 3-19	T,Th	6:30-7:00pm
#166564	Mar 3-19	T,Th	6:30-7:00pm
#166565	Apr 7-23	T,Th	6:30-7:00pm

Pullen Aquatic Center

Course Fee: \$39			
#166846	Jan 10-31	Sa	9:30-10:00am
#166897	Feb 7-28	Sa	9:30-10:00am
#166902	Apr 11-May 2	Sa	9:30-10:00am
Course Fee: \$70			
#166845	Jan 6-29	T,Th	6:30-7:00pm
#166847	Feb 3-Mar 3	T,Th	6:30-7:00pm
#166900	Mar 10-Apr 9	T,Th	6:30-7:00pm
#166903	Apr 14-May 7	T,Th	6:30-7:00pm

Swim Lesson – Level 4 Stroke Improvement

Age: 6-13yrs. Must have completed exit skills in Level 3. In the Level 4 Swim Lessons, the back crawl and breaststroke are introduced. Endurance is also a key factor for this course. Participants continue to build upon the scissor kick and dolphin kick by adding the arms for sidestroke and butterfly.

Buffaloe Road Aquatic Center

Course Fee: \$39			
#165792	Mar 7-28	Sa	12:10-12:40pm
#165796	Apr 11-May 2	Sa	12:10-12:40pm
Course Fee: \$54			
#165791	Mar 3-19	T,Th	6:30-7:00pm
#165794	Apr 7-23	T,Th	6:30-7:00pm

Millbrook Pool

Course Fee: \$39			
#166194	Jan 24-Feb 14	Sa	10:50-11:20am
#166197	Feb 21-Mar 14	Sa	10:50-11:20am
#166199	Apr 4-25	Sa	10:50-11:20am
Course Fee: \$54			
#166195	Jan 26-Feb 11	M,W	5:50-6:20pm
#166196	Feb 16-Mar 4	M,W	6:30-7:00pm
#166198	Mar 9-Apr 1	M,W	5:50-6:20pm
#166200	Apr 6-22	M,W	6:30-7:00pm

Optimist Pool

Course Fee: \$39			
#166570	Jan 24-Feb 14	Sa	9:30-10:00am
#166572	Feb 21-Mar 14	Sa	9:30-10:00am
#166575	Apr 11-May 2	Sa	9:30-10:00am
Course Fee: \$54			
#166569	Jan 6-22	T,Th	7:10-7:40pm
#166571	Feb 3-19	T,Th	7:10-7:40pm
#166573	Mar 3-19	T,Th	7:10-7:40pm
#166574	Apr 7-23	T,Th	7:10-7:40pm

Pullen Aquatic Center

Course Fee: \$70			
#166911	Jan 6-29	T,Th	6:30-7:00pm
#166913	Feb 3-Mar 3	T,Th	6:30-7:00pm
#166914	Mar 10-Apr 9	T,Th	6:30-7:00pm
#166915	Apr 14-May 7	T,Th	6:30-7:00pm

Swim Lesson – Level 5 Stroke Refinement

Age: 6-13yrs. Must have completed exit skills in level 4 Swim Lessons. In Level 5 Swim Lessons, participants coordinate and refine all strokes. Flip turns on both front

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and back are introduced at this course. Endurance and distance are important in this course.

Buffaloe Road Aquatic Center

Course Fee: \$39

#165799 Apr 11-May 2 Sa 12:10-12:40pm

Course Fee: \$54

#165797 Mar 3-19 T,Th 6:30-7:00pm

#165798 Apr 7-23 T,Th 6:30-7:00pm

Millbrook Pool

Course Fee: \$39

#166201 Jan 24-Feb 14 Sa 11:30am-12:00pm

#166204 Feb 21-Mar 14 Sa 11:30am-12:00pm

#166206 Apr 4-25 Sa 11:30am-12:00pm

Course Fee: \$54

#166202 Jan 26-Feb 11 M,W 5:50-6:20pm

#166203 Feb 16-Mar 4 M,W 6:30-7:00pm

#166205 Mar 9-Apr 1 M,W 5:50-6:20pm

#166207 Apr 6-22 M,W 6:30-7:00pm

Optimist Pool

Course Fee: \$39

#166577 Jan 24-Feb 14 Sa 9:30-10:00am

#166579 Feb 21-Mar 14 Sa 9:30-10:00am

#166582 Apr 11-May 2 Sa 9:30-10:00am

Course Fee: \$54

#166576 Jan 6-22 T,Th 7:10-7:40pm

#166578 Feb 3-19 T,Th 7:10-7:40pm

#166580 Mar 3-19 T,Th 7:10-7:40pm

#166581 Apr 7-23 T,Th 7:10-7:40pm

Pullen Aquatic Center

Course Fee: \$70

#166917 Jan 6-29 T,Th 7:10-7:40pm

#166918 Feb 3-Mar 3 T,Th 7:10-7:40pm

#167016 Mar 10-Apr 9 T,Th 7:10-7:40pm

#167017 Apr 14-May 7 T,Th 7:10-7:40pm

Swim Stroke Development Clinic

Age: 6yrs and up. This clinic is designed to help swimmers become more efficient in their strokes and to help them improve their knowledge of swimming. Participant prerequisite—must be able to swim 25 yards without assistance.

Buffaloe Road Aquatic Center

Course Fee: \$26

Freestyle and Backstroke

#167202 Jan 12 M 5:30-6:15pm

#167284 Feb 7 Sa 5:30-6:15pm

#167300 Mar 7 Sa 5:30-6:15pm

Sprints, Starts, and Turns

#167203 Jan 14 W 5:15-6:30pm

#167288 Feb 14 Sa 5:15-6:30pm

Breaststroke and Butterfly

#167204 Jan 26 M 5:30-6:15pm

#167292 Feb 21 Sa 5:30-6:15pm

#167301 Mar 14 Sa 5:30-6:15pm

Distance Swimming

#167207 Jan 28 W 5:30-6:15pm

#167293 Feb 28 Sa 5:30-6:15pm

Swim Team – Intra-City Swim Association

Age: 3-18yrs. Program goal is to provide an opportunity to experience competitive swimming in a fun, enjoyable, and relaxed environment. Prerequisite – participants must be able to swim 25 yards unassisted.

Buffaloe Road Aquatic Center

Course Fee: \$71

3-10yrs

#165822 Feb 9-Apr 22 M,W 5:15-6:00pm

11-18yrs

#165823 Feb 9-Apr 22 M,W 6:15-7:00pm

Millbrook Pool

Course Fee: \$71

3-10yrs

#166370 Feb 10-Apr 23 T,Th 6:00-6:45pm

11-18yrs

#166371 Feb 10-Apr 23 T,Th 7:00-7:45pm

Optimist Pool

Course Fee: \$71

3-10yrs

#166597 Feb 9-Apr 22 M,W 6:00-6:45pm

11-18yrs

#166599 Feb 9-Apr 22 M,W 7:00-7:45pm

Pullen Aquatic Center

Course Fee: \$71

3-8yrs

#167053 Feb 9-Apr 22 M,W 5:45-6:30pm

9-18yrs

#167054 Feb 9-Apr 22 M,W 6:45-7:30pm

Aquatic Junior Lifeguard

Age: 11-14yrs. The City of Raleigh Junior Lifeguard Program provides youth ages 11-14 an introduction into the role of a professional lifeguard. The program helps participants build a foundation of knowledge, attitudes and skills that they will need to be responsible future lifeguards. Lessons are grouped into four main areas: prevention, response, leadership and professionalism.

Buffaloe Road Aquatic Center

Course Fee: \$70

#167395 Jan 20-29 T,Th 5:30-7:00pm

Adult

Adult Fitness Swimming Class

Age: 13yrs and up. This class is for adults who swim for fitness and want to learn to refine their strokes for a variety of reasons. Some may want to use the benefits of the water to improve their fitness levels, while others may want to participate in a masters swimming program or other competitive sports, such as, triathlons or open water distance swimming.

Buffaloe Road Aquatic Center

Course Fee: \$45

#165813 Jan 3-24 Sa 12:10-12:50pm

#165818 Feb 7-28 Sa 12:10-12:50pm

Course Fee: \$60

#165813 Jan 3-24 Sa 12:10-12:50pm

#165814 Jan 6-22 T,Th 11:30am-12:10pm

#165815 Jan 6-22 T,Th 6:30-7:10pm

#165816 Feb 3-19 T,Th 11:30am-12:10pm

#165817 Feb 3-19 T,Th 6:30-7:10pm

#165818 Feb 7-28 Sa 12:10-12:50pm

#165819 Mar 3-19 T,Th 11:30am-12:10pm

#165821 Apr 7-23 T,Th 11:30am-12:10pm

Course Fee: \$75

#165814 Jan 6-22 T,Th 11:30am-12:10pm

#165815 Jan 6-22 T,Th 6:30-7:10pm

#165816 Feb 3-19 T,Th 11:30am-12:10pm

#165817 Feb 3-19 T,Th 6:30-7:10pm

#165819 Mar 3-19 T,Th 11:30am-12:10pm

#165821 Apr 7-23 T,Th 11:30am-12:10pm

Millbrook Pool

Course Fee: \$45

#166091 Jan 24-Feb 14 Sa 8:50-9:30am

#166094 Feb 21-Mar 14 Sa 8:50-9:30am

#166096 Apr 4-25 Sa 8:50-9:30am

Course Fee: \$60

#166091 Jan 24-Feb 14 Sa 8:50-9:30am

#166092 Jan 26-Feb 11 M,W 7:10-7:50pm

#166093 Feb 16-Mar 4 M,W 7:10-7:50pm

#166094 Feb 21-Mar 14 Sa 8:50-9:30am

#166095 Mar 9-Apr 1 M,W 7:10-7:50pm

#166096 Apr 4-25 Sa 8:50-9:30am

#166097 Apr 6-22 M,W 7:10-7:50pm

Course Fee: \$75

#166092 Jan 26-Feb 11 M,W 7:10-7:50pm

#166093 Feb 16-Mar 4 M,W 7:10-7:50pm

#166095 Mar 9-Apr 1 M,W 7:10-7:50pm

#166097 Apr 6-22 M,W 7:10-7:50pm

Optimist Pool

Course Fee: \$60

#166819 Feb 9-25 M,W 6:00-6:40pm

#166820 Mar 2-18 M,W 6:00-6:40pm

#166821 Mar 30-Apr 15 M,W 6:00-6:40pm

Course Fee: \$75

#166819 Feb 9-25 M,W 6:00-6:40pm

#166820 Mar 2-18 M,W 6:00-6:40pm

#166821 Mar 30-Apr 15 M,W 6:00-6:40pm

Adult Learning

The Basics Swim Class

Age: 13yrs and up. This class can help teens or adults overcome their fear of the water and learn the basic skills to achieve a minimum level of water competency. In this course, participants strive for skill and stroke performance to be able to jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Buffaloe Road Aquatic Center

Course Fee: \$45

#165800 Jan 3-24 Sa 12:10-12:50pm

#165803 Feb 7-28 Sa 12:10-12:50pm

#165805 Mar 7-28 Sa 12:10-12:50pm

#165807 Apr 11-May 2 Sa 12:10-12:50pm

Course Fee: \$60

#165801 Jan 6-22 T,Th 6:30-7:10pm

#165802 Feb 3-19 T,Th 6:30-7:10pm

#165804 Mar 3-19 T,Th 6:30-7:10pm

#165806 Apr 7-23 T,Th 6:30-7:10pm

Millbrook Pool

Course Fee: \$45

#166098 Jan 24-Feb 14 Sa 8:50-9:30am

#166101 Feb 21-Mar 14 Sa 8:50-9:30am

#166103 Apr 4-25 Sa 8:50-9:30am

Course Fee: \$60

#166099 Jan 26-Feb 11 M,W 7:10-7:50pm

#166100 Feb 16-Mar 4 M,W 7:10-7:50pm

#166102 Mar 9-Apr 1 M,W 7:10-7:50pm

#166104 Apr 6-22 M,W 7:10-7:50pm

Optimist Pool

Course Fee: \$45

#166584 Jan 24-Feb 14 Sa 9:20-10:00am

#166586 Feb 21-Mar 14 Sa 9:20-10:00am

#166589 Apr 11-May 2 Sa 9:20-10:00am

Course Fee: \$60

#166583 Jan 6-22 T,Th 7:10-7:50pm

#166585 Feb 3-19 T,Th 7:10-7:50pm

#166587 Mar 3-19 T,Th 7:10-7:50pm

#166588 Apr 7-23 T,Th 7:10-7:50pm

Pullen Aquatic Center

Course Fee: \$76

#167018 Jan 6-29 T,Th 7:10-7:50pm

#167019 Feb 3-Mar 3 T,Th 7:10-7:50pm

#167020 Mar 10-Apr 9 T,Th 7:10-7:50pm

#167021 Apr 14-May 7 T,Th 7:10-7:50pm

Adult Refining Swim Strokes Class

Age: 13yrs and up. This class is for teens or adults who want to improve their foundational skills and swimming strokes to gain an overall level of comfort in the water, to be able to enjoy the water more safely with their children because they own a home pool or to open the door to training for other aquatic opportunities, such as to learn SCUBA.

Buffaloe Road Aquatic Center

Course Fee: \$45

#165808	Jan 3-24	Sa	12:10-12:50pm
#165811	Feb 7-28	Sa	12:10-12:50pm
#165812	Mar 7-28	Sa	12:10-12:50pm

Course Fee: \$60

#165809	Jan 6-22	T,Th	6:30-7:10pm
#165810	Feb 3-19	T,Th	6:30-7:10pm

Millbrook Pool

Course Fee: \$45

#166105	Jan 24-Feb 14	Sa	8:50-9:30am
#166108	Feb 21-Mar 14	Sa	8:50-9:30am
#166110	Apr 4-25	Sa	8:50-9:30am

Course Fee: \$60

#166106	Jan 26-Feb 11	M,W	7:10-7:50pm
#166107	Feb 16-Mar 4	M,W	7:10-7:50pm
#166109	Mar 9-Apr 1	M,W	7:10-7:50pm
#166111	Apr 6-22	M,W	7:10-7:50pm

Optimist Pool

Course Fee: \$45

#166591	Jan 24-Feb 14	Sa	9:20-10:00am
#166593	Feb 21-Mar 14	Sa	9:20-10:00am
#166596	Apr 11-May 2	Sa	9:20-10:00am

Course Fee: \$60

#166590	Jan 6-22	T,Th	7:10-7:50pm
#166592	Feb 3-19	T,Th	7:10-7:50pm
#166594	Mar 3-19	T,Th	7:10-7:50pm
#166595	Apr 7-23	T,Th	7:10-7:50pm

Pullen Aquatic Center

Course Fee: \$76

#167022	Jan 6-29	T,Th	7:10-7:50pm
#167029	Feb 3-Mar 3	T,Th	7:10-7:50pm
#167030	Mar 10-Apr 9	T,Th	7:10-7:50pm
#167031	Apr 14-May 7	T,Th	7:10-7:50pm

Lifeguarding – American Red Cross

Age: 15yrs and up. This American Red Cross course trains participants in the basic skills needed to lifeguard at traditional pools. This course includes First Aid and CPR/AED for the Professional Rescuer.

Optimist Pool

Course Fee: \$200

#166605	Jan 26-Feb 18	M,W	5:00-8:30pm
#166606	Jan 24-Feb 14	Sa	9:00am-5:00pm
#166609	Feb 23-Mar 18	M,W	5:00-8:30pm
#166610	Mar 23-26	M,Th	8:00am-4:00pm
#166611	Apr 6-29	M,W	5:00-8:30pm

Pullen Aquatic Center

Course Fee: \$200

#167035	Jan 5-28	M,W	5:00-8:30pm
#167037	Feb 2-Mar 2	M,W	5:00-8:30pm
#167040	Feb 7-28	Sa	9:00am-5:00pm
#167041	Mar 10-Apr 2	T,Th	5:00-8:30pm
#167042	Mar 9-Apr 1	M,W	5:00-8:30pm
#167043	Apr 11-May 2	Sa	9:00am-5:00pm
#167044	Apr 13-May 6	M,W	5:00-8:30pm
#167045	Apr 14-May 7	T,Th	5:00-8:30pm

Triathlon Swim Training

Age: 13yrs and up. This class is designed for all types of triathletes from beginners to advanced. It is designed to help build endurance, refine and improve freestyle, and feel prepared for a race.

Millbrook Pool – Course Fee: \$76

#166670	Jan 6-29	T,Th	6:30-7:10pm
#166671	Jan 10-31	Sa	7:00-7:40am

Water Safety Instructor – American Red Cross

Age: 16yrs and up. This American Red Cross course will certify candidates to teach water safety, including Basic Water Rescue course, Learn to Swim program and Parent and Child classes. All course materials are included in price of the course.

Pullen Aquatic Center – Course Fee: \$225

#167048	Mar 10-Apr 9	T,Th	5:00-9:00pm
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Water Exercise

Water exercise passes can be purchased at all aquatic facilities. No preregistration is required. This pass allows you to attend any 8 water exercise classes within 1 year. Prices for an 8 class pass: Raleigh resident Adult \$40, Senior \$32; Non-Raleigh resident Adult \$52 Senior \$44

Deep Water Exercise – Intervals

Age: 13yrs and up. Intervals – Intensity Level 3 – A combination of high and low intensity exercises designed to keep you moving.

Buffaloe Road Aquatic Center

Jan 6-Apr 30	T,Th	6:00-7:00pm
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Millbrook Pool

Jan 6-Apr 28	T	6:00-7:00pm
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Optimist Pool

Jan 6-Apr 30	T,Th	8:00-9:00am
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Pullen Aquatic Center

Jan 5-May 1	M,W,F	8:30-9:30am
Jan 5-May 1	M,W,F	11:00am-12:00pm
Jan 5-Apr 29	M,W	6:00-7:00pm

Deep Water Exercise – Power Hour

Age: 13yrs and up. Power Hour – Intensity Level 4-5 – Quick, continuous, and powerful movements with no impact for the advanced exerciser.

Millbrook Pool

Jan 8-Apr 30	Th	6:00-7:00pm
Jan 3-May 2	Sa	8:00-9:00am

Deep Water Exercise – Running

Age: 13yrs and up. Running – Intensity Level 3-4 – Take your running off land and into the water for a no impact running workout. Great for all ages and abilities if you are looking for a challenging workout to compliment your land based training. Equipment will be used for added intensity.

Millbrook Pool

Jan 6-Apr 30	T,Th	10:00-11:00am
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Shallow Water Exercise – Aqua Combo

Age: 13yrs and up. Aqua Combo – Intensity Level 1-2 – Combo here refers to water depth. This combo class allows an individual to place themselves in a water

depth anywhere from chest to neck depth depending on personal preference. This class encourages a 'work at your own comfort level' but may challenge even the beginner water exerciser.

Optimist Pool

Jan 5-May 1	M,W,F	9:00-10:00am
Jan 5-May 1	M,W,F	10:00-11:00am

Shallow Water Exercise – Aquatic Stretching

Age: 13yrs and up. Aquatic Stretching – Intensity Level 1-2 – Designed for all ages, this class focuses on improving posture, balance, and range of motion. Using the fundamentals of flexibility this class will help improve overall quality of life.

Millbrook Pool

Jan 5-May 1	M,W,F	9:00-10:00am
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Shallow Water Exercise – Arthritis

Age: 13yrs and up. Arthritis Class – Intensity level 1-2 This class is designed for people with arthritis, fibromyalgia or other conditions that would benefit from a range of motion exercise.

Pullen Aquatic Center

Jan 5-May 1	M,W,F	9:45-10:45am
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Shallow Water Exercise – Current Channel Challenge

Current Channel Challenge – Intensity Level 2-4 – Combination use of current channel, water resistance, shallow water area, and exercise equipment. Also modified into a family format for all ages (must be 48 inches tall or taller), noted on the schedule—only offered at Buffaloe Road Aquatic Center.

Buffaloe Road Aquatic Center

Jan 5-Apr 27	M	6:00-7:00pm
Jan 6-Apr 30	T,Th	10:30-11:30am

Shallow Water Exercise – Hydro-Fusion

Age: 13yrs and up. Hydro-fusion – Intensity Level 2-4 – Designed for all fitness levels, this class offers a variety of continuous exercises to gain muscular strength, coordination, and cardiovascular endurance.

Millbrook Pool

Jan 6-Apr 30	T,Th	9:00-10:00am
Jan 6-Apr 30	T,Th	7:00-8:00pm

Optimist Pool

Jan 6-Apr 30	T,Th	9:00-10:00am
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Shallow Water Exercise – Water Walking

Age: 13yrs and up. Water Walking – Intensity Level 1-2 – This class, designed for all fitness levels, focuses on flexibility and cardiovascular endurance, allowing participants to improve range of motion using long movements.

Millbrook Pool

Jan 5-May 1	M,W,F	8:00-9:00am
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The Office of Raleigh Arts



The **Office of Raleigh Arts** administers the programs of the Raleigh Arts Commission and the Public Art and Design Board and supports the Pullen and Sertoma Arts Centers. Raleigh Arts activities that foster and promote the arts include:

- Arts classes at Pullen and Sertoma Arts Centers;
- Awards: The **Medal of Arts** ceremony and the **Piedmont Laureate** writers' program honor special contributions to the community. **Gifts of Gold**, organized in conjunction with the Wake County Public School System, recognizes artistic talent in students;
- **Block Gallery art exhibitions** in the Raleigh Municipal Building;
- The **Arts Partners** program, providing grants to arts organizations that are essential to Raleigh's cultural vitality;
- The **Municipal Art Collection**, which holds more than 450 artworks throughout the City of Raleigh;
- The **Half Percent for Art** program, which allocates one half percent of capital construction projects for public art;
- Public Art Special Projects including **Art-On-The-Move** (with designs by local artists on CAT buses), **Art on City Plaza** and temporary public art events at festivals such as **SPARKcon**.
- Community outreach through workshops, publications and e-newsletters.

For more information, visit www.raleighnc.gov/arts

The Block Gallery

The Block Art Gallery, located on the first and second floors of the Raleigh Municipal Building at 222 West Hargett Street, is open Monday-Friday, 8:30am-5:15pm. Opening receptions are held on the first day of each exhibit from 5-7pm.

Block Gallery Exhibitions

For information on Block Gallery art exhibitions, visit www.raleighnc.gov/arts and search for Block Gallery. Follow the Gallery on Facebook or [Twitter@BlockGallery](https://twitter.com/BlockGallery)



Pullen Arts Center

105 Pullen Road Raleigh, NC 27607
(919) 996-6126

Pullen Arts Center offers specialty studio programs in jewelry-making, printmaking, clay, bookmaking, and painting, in addition to classes in glass arts, fiber arts, and drawing.

Gallery Hours – Exhibits at Pullen Arts Center are on display in the lobby during normal operating hours.

M-Th	9am-10pm
F	9am-1pm
Sa	9am-5pm
Su	1-5pm

Pullen Arts Center's Gallery Exhibits

January

"2014 Earring Challenge" featuring work by Malinda "Bird" Wilson, Suzanne Love, Amy Veatch, Susan Frost and Katherine Cherry. Opening reception and sale: Sunday, January 25, 2:00-4:00pm.

February – March

"Master Craft, Workshop Leaders and New Instructor Exhibit" This show will feature jewelry/metalwork by Tim Lazure, Kathryn Osgood, Marlene True, Jessica Calderwood and Anne Havel. Pottery by A. Blair Clema. Paintings by instructor Chelsea Mason. Reception and slide lecture by Jessica Calderwood Saturday, February 29, at 5:00pm.

April

"Functional and Sculptural, Wood Fired, Salt Glazed Stoneware" by Potter Joseph Sand. Reception and slide lecture Saturday, April 11, 2:00-4:00pm.

Sertoma Arts Center

1400 W. Millbrook Road Raleigh, NC 27612
(919) 996-2329

Director: Julia Meder

Sertoma offers classes in painting, drawing, fiber arts, kids' art classes and pottery. Programs in music, dance, and fitness allow participants to improve their health and vitality while engaged in the arts.

Gallery Hours – Exhibits are on display in the lobby during normal operating hours.

Display Case and Hall Gallery:

M-Th	9am-10pm
F	9am-1pm
Sa	10am-5pm
Su	12-5pm

Sertoma Arts Center's Gallery Exhibits

January-February

TBA

Exhibit: January 2-February 28
Reception: January 4 from 2-4pm

March

Sertoma Portrait Painters

Exhibit: March 3-31
Reception: March 8 from 2-4pm

April

Sertoma Park Artists

Exhibit: April 7-30
Reception: April 5 from 2-4pm

Preschool

Art – Krafty Kids

Age: 3-5yrs. Join us for a different and creative arts and craft project or edible creation. A new project is introduced with each theme class. Pre-registration is required and the fee is per class.

Optimist Community Center – Course Fee: \$6

Happy New Year!

#168768	Jan 9	F	12:30-1:30pm
#168769	Jan 10	Sa	12:30-1:30pm

Winter Wonders

#168770	Jan 23	F	12:30-1:30pm
#168771	Jan 24	Sa	12:30-1:30pm

Valentine's For Everyone

#168772	Feb 6	F	12:30-1:30pm
#168773	Feb 7	Sa	12:30-1:30pm

I Want To Be President

#168774	Feb 21	Sa	12:30-1:30pm
#168775	Feb 20	F	12:30-1:30pm

Leapin Leprechauns

#168776	Mar 6	F	12:30-1:30pm
#168777	Mar 14	Sa	12:30-1:30pm

Let's Go Fly A Kite

#168778	Mar 27	F	12:30-1:30pm
#168779	Mar 28	Sa	12:30-1:30pm

Spring Surprise

#168780	Apr 10	F	12:30-1:30pm
#168781	Apr 11	Sa	12:30-1:30pm

Love The Earth

#168782	Apr 24	F	12:30-1:30pm
#168783	Apr 25	Sa	12:30-1:30pm

Arts and Crafts for Preschoolers

Age: 3-5yrs. It's time to have fun with all different kinds of art materials! Get ready to have a great time and maybe get a bit messy! Activities will vary and may include painting, coloring, cutting, and much more!

Lake Lynn Community Center – Course Fee: \$32

#168681	Feb 2-23	M	9:30-10:15am
#168688	Mar 3-24	T	10:00-10:45am
#168690	Feb 7-28	Sa	9:30-10:15am
#168691	Mar 7-28	Sa	9:30-10:15am

Ballerina and Knights

Age: 2-3yrs. This class is for all of the ballerinas who love to spin and the knights who can move to the music! We will learn the basic fundamentals of movements like leaps, jumps, plies and more. Oh don't worry, we will also practice balance and coordination skills. Pre-schoolers will use cool props like balloons, scarves and bubbles! This is a parent participation class. Class is taught by Mrs. Lala, owner of Right Moves Dance. She has a B.A. degree in Performance and Technique Dance.

Sanderford Road Park

Course Fee: \$36

#167982	Jan 5-26	M	2:00-2:30pm
#167983	Feb 2-23	M	2:00-2:30pm

Course Fee: \$60

#168014	Jan 5-Feb 23	M	2:00-2:30pm
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Ballerina Buttercups

Age: 3-5yrs. This class will introduce participants to the basic technique of ballet and tap. Dancers will get the chance to learn the beginning steps for both ballet and tap as well as interact with other children. This class encourages your child's interest in dance by

engaging, stimulating, and focusing their natural energy and expressiveness! Ballet and tap shoes are not required.

Greystone Community Center – Course Fee: \$40

#168743	Jan 7-28	W	9:00-10:00am
#168744	Feb 4-25	W	9:00-10:00am
#168745	Mar 4-25	W	9:00-10:00am
#168746	Apr 1-22	W	9:00-10:00am

Ballerina Two-Tu

Age: 2yrs. Do you know ballerinas who love to spin and the knights who can move to the music? We will learn the basic fundamentals of the movements like leaps, jumps, plies and more. Don't worry, we will also teach balance, coordination skills and use cool props like balloons, scarves and bubbles. This is a parent participation class and is a continuous program offered throughout the year beginning in September! Class is taught by Mrs. Lala, owner of Right Moves Dance. She has a BA Dance degree in Performance and Technique.

Marsh Creek Park

Single Month – Course Fee: \$36

#167810	Jan 6-27	T	10:00-10:30am
#167811	Feb 3-24	T	10:00-10:30am

Both Months – Course Fee: \$60

#167812	Jan 6-Feb 10	T	10:00-10:30am
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Ballet Basics – Preschool

Age: 3yrs. It's never too much fun when you're in our ballet class. Young ballet dancers will continuously work on each ballet movement in barre exercise, center exercise, and gradually move into combining each move into phrases. They will also gain a sense of awareness, body coordination and body alignment. While dancers focus on structured lesson plan, they're encouraged to develop their own creativity. Prior experience is not necessary. Instructor Hanna Chio has a B.A. in Dance and a B.A. in Private Studio Teaching.

Green Road Community Center – Course Fee: \$70

#165017	Jan 10-Feb 21	Sa	10:00-10:45am
#165018	Mar 7-Apr 18	Sa	10:00-10:45am
#165019	Jan 10-Feb 21	Sa	11:00-11:45am
#165020	Mar 7-Apr 18	Sa	11:00-11:45am

Ballet Basics at Greystone

Age: 4-5yrs. Enroll your want-to-be ballerinas in ballet basics today! Steps, combinations and technical training will enhance your child's coordination, vocabulary and knowledge of music with weekly instruction. Dancers will have the chance to refine their technique in a more structured environment. Upon completion dancers will have a clear understanding of the history of ballet, knowledge of the classic ballets and be able to perform many of the basic steps necessary for a solid dance foundation. Contact Greystone Recreation Center at 919-996-4848 for more information.

Greystone Community Center – Course Fee: \$40

#167621	Jan 8-29	Th	10:00-10:45am
#167622	Feb 5-26	Th	10:00-10:45am
#167623	Mar 5-26	Th	10:00-10:45am
#167624	Apr 2-23	Th	10:00-10:45am

Ballet for 2's

Age: 2yrs. Introduce your tiny ballerina to the world of dance through Ballet. They will explore simple fun elements such as positioning, levels, techniques, point and flex, spatial dynamics and graceful moves. The benefits may include balance, coordination and self awareness. Instructor: Ms Khadija (Coach K).

Laurel Hills Community Center – Course Fee: \$36

#167638	Feb 21-Mar 14	Sa	12:30-1:00pm
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Circle Time Seasons and Friends

Age: 3-5yrs. Come explore and learn about the seasons while making new friends! This class will meet once a month and each class will have a special seasonal focus. We will share stories, fingerplays, songs and create fun seasonal craft projects. Parents will leave with ideas for further reading lists and craft activities to continue play at home throughout the month. Sign up for one or any number of classes in the series.

Laurel Hills Community Center – Course Fee: \$10

Winter Snow!

#167943	Jan 9	F	10:15-11:00am
#167944	Feb 6	F	10:15-11:00am
#167945	Mar 6	F	10:15-11:00am
#167946	Apr 10	F	10:15-11:00am

Dance – Beginning Ballet/Tap

Age: 3-4yrs. Your little dancer will have tons of fun learning the basics of ballet and tap. The class will help them develop balance, coordination, and self-confidence. They will learn basic technique, body positions, and steps. Everything they learn will come together in an end of course performance for the parents to enjoy.

Hill Street Center – Course Fee: \$45

#166281	Jan 14-Feb 18	W	2:30-3:30pm
#166282	Feb 25-Apr 1	W	2:30-3:30pm
#166283	Apr 8-May 13	W	2:30-3:30pm

Dance – Jazz

Z Creative Dance for 2's and 3's

Age: 2-3yrs. Come little dancers and do your thing! You know you like to pop and swing! Learn dances from 'around the world' as you jazz it up, flip, heel - toe and rock 'n roll! Dancers will also perform top hat moves, use floating ribbon streamers, scarves and other memorable props to enhance their artistic dance experience. This is a fun, creative class, great for motor skills, fitness and social skills. Instructor: Ms. Khadija (Coach K).

Laurel Hills Community Center – Course Fee: \$36

#167712	Mar 21-Apr 18	Sa	10:00-10:30am
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Dance – Little Fancy Feet

Explore fun and exciting dance moves with your child. Coordination and large motor skills are developed through basic ballet, creative movement, and gymnastics. Moreover, educational concepts are included, such as numbers, colors, letters, and social manners.

Green Road Community Center

Ages 2-3yrs – Course Fee: \$27

#165038	Mar 3-24	T	5:15-6:00pm
#165042	Mar 3-24	T	6:15-7:00pm

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Ages 2-3yrs – Course Fee: \$36

#165036	Jan 6-27	T	5:15-6:00pm
#165037	Feb 3-24	T	5:15-6:00pm
#165039	Apr 7-28	T	5:15-6:00pm
#165040	Jan 6-27	T	6:15-7:00pm
#165041	Feb 3-24	T	6:15-7:00pm
#165043	Apr 7-28	T	6:15-7:00pm

Greystone Community Center

Ages 4-5 yrs – Course Fee: \$27

#168737	Apr 10-May 1	F	11:45am-12:30pm
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Ages 2-3 yrs – Course Fee: \$36

#168734	Jan 9-30	F	10:50-11:35am
#168735	Feb 6-27	F	10:50-11:35am
#168736	Mar 6-27	F	10:50-11:35am
#168738	Jan 9-30	F	11:45am-12:30pm
#168739	Feb 6-27	F	11:45am-12:30pm
#168740	Mar 6-27	F	11:45am-12:30pm
#168741	Apr 10-May 1	F	10:50-11:35am

Dance – Tick Tock Tap

Age: 2-3yrs. Older toddlers will learn listening skills and bodily coordination while boosting their self-esteem and confidence. It's the best way to help your child get a healthy dose of exercise. Tap dancing also develops a great sense of rhythm and timing. Tap dancing helps students focus on music awareness while incorporating tap steps and combinations. Also, Tap builds strength in the legs and feet in addition to increasing flexibility in the hips, knees and ankles. Cognitive abilities are also enhanced, as tap dancers must develop both mental and muscle memory to become proficient at tapping.

Green Road Community Center – Course Fee: \$36

#165048	Jan 6-27	T	3:15-4:00pm
#165049	Feb 3-24	T	3:15-4:00pm
#165050	Mar 3-24	T	3:15-4:00pm
#165051	Apr 7-28	T	3:15-4:00pm
#165052	Jan 6-27	T	4:15-5:00pm
#165053	Feb 3-24	T	4:15-5:00pm
#165054	Mar 3-24	T	4:15-5:00pm
#165055	Apr 7-28	T	4:15-5:00pm

Dance – Twinkle Toes I

Age: 2-3yrs. Students will love this wonderful introduction to the art of dance! Twirling ribbons, scarves, hoops and music will be used to promote creative movement. Children will enjoy simple steps and dances that introduce them to ballet and jazz. Students will improve confidence, coordination, self esteem and body awareness. This class is designed to help children transition to dancing independently without parent.

Instructor: Bethany Schlegel, BS in Ed. and former USGA Gymnast.

Brier Creek Community Center

Course Fee: \$30

#167792	Jan 5-26	M	10:30-11:15am
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Course Fee: \$40

Brier Creek Community Center

#167793	Feb 2-23	M	10:30-11:15am
#167794	Mar 2-30	M	10:30-11:15am
#167795	Apr 6-20	M	10:30-11:15am

Greystone Community Center

Course Fee: \$40

#167608	Jan 6-27	T	11:30am-12:15pm
#167609	Feb 3-24	T	11:30am-12:15pm
#167610	Mar 3-31	T	11:30am-12:15pm
#167611	Apr 7-28	T	11:30am-12:15pm

Dance – Twinkle Toes II

Age: 3-4yrs. This fun filled dance class introduces students to beginning ballet and jazz steps, positions, and techniques. Dancers will use twirling ribbons, scarves, hoops, and fun music to encourage creative movement. This class is a great way to improve flexibility, coordination and self esteem while learning the elements of dance. Students will also learn a short dance routine that will be built upon each week of class. Instructor: Bethany Schlegel, BS in Education, former USGA Gymnast.

Brier Creek Community Center

Course Fee: \$30

#167804	Jan 5-26	M	11:30am-12:15pm
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Course Fee: \$40

#167805	Feb 2-23	M	11:30am-12:15pm
#167806	Mar 2-30	M	11:30am-12:15pm
#167807	Apr 6-27	M	11:30am-12:15pm

Dance – Twirling Ribbons Preschool

Age: 2-3yrs. They love it! Colorful ribbon movements creating hoops, loops, figures, floats, swirls, and trains. Learn fun dance steps that are short, easy to follow and beautiful to see! Instructor: Ms. Khadija (Coach K).

Laurel Hills Community Center – Course Fee: \$36

#167639	Jan 17-Feb 14	Sa	12:30-1:00pm
no class Jan 31			

Dance – Hippy N' Roll

Age: 2-5yrs. This class uniquely combines hip hop dance with tumbling in a fun and energetic atmosphere. This high-energy class encourages creative and rhythmic dance. Are you ready yet? See you at Sanderford! This is continuous program offered throughout the year beginning in September! We build on our dance skills and end the year with an AWESOME recital held in June. Class taught by Mrs. Lala, owner of Right Moves Dance, with a B.A. degree in Performance and Technique Dance.

Sanderford Road Park

Course Fee: \$36

#168002	Jan 5-26	M	6:00-7:00pm
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#168003	Feb 2-23	M	6:00-7:00pm
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Course Fee: \$60

#168049	Jan 5-Feb 23	M	6:00-7:00pm
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Little Twinklers Violin

Age: 3-5yrs. Get ready to twinkle! This preschool music class will provide an introduction to Suzuki Violin. We'll learn about rhythm, sing and dance, play music games, create our own box violins and start working on the basics of posture and how to hold the violin. Beginning students may play on the box violin, while continuing students may purchase or rent a violin and play on their own instruments. All students will play, have fun and learn! The Suzuki approach is a loving and nurturing program, where it is believed that every child has the ability to learn. While children can start at any age, students often start at a very young age, using the 'Mother Tongue' approach. The method encourages fostering the potential

and a love for beauty and peace in every child, while of course, teaching music which gives an incredible boost to learning and development in young children. Caregivers, please bring a notebook or journal to each class and be prepared to attend class along with the child. Instructor Dasa York has a BA in Music Performance and has completed Suzuki teacher training.

Laurel Hills Community Center

Course Fee: \$30

#167432	Jan 6-27	T	10:15-11:00am
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Course Fee: \$40

#167441	Feb 3-24	T	10:15-11:00am
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#167442	Mar 3-31	T	10:15-11:00am
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#167443	Apr 7-28	T	10:15-11:00am
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Preschool – Mini Monets

Age: 18mths-2yrs. This class introduces little ones to a variety of art materials through hands on learning. Discovery and creative play encourages the development of motor skills and group social skills. Parent/caregiver attends with child; only child should be registered for class. Michelle Davis Petelinz instructs.

Sertoma Arts Center – Course Fee: \$45

#165907	Jan 15-Feb 19	Th	9:30-10:15am
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#165908	Jan 16-Feb 20	F	9:30-10:15am
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#165909	Mar 12-Apr 16	Th	9:30-10:15am
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#165910	Mar 13-Apr 24	F	9:30-10:15am
no class Apr 3			

Only Princesses Allowed

Age: 3-5yrs. This is a party for princesses only. Your little princess can expect a royal experience suitable only for future queens. Majestic arts, classy crafts, and grandiose fun! See you at Sanderford!

Sanderford Road Park – Course Fee: \$5

#168753	Feb 11	W	6:00-7:00pm
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Preschool – Petite Picassos

Age: 3-4yrs. Classes will encourage the children to create unique works of art, as we explore different painting and craft techniques. Each week, we'll read a new book which will inspire our projects. Preschool prep with focus on student independence; no parent/guardian participation. Michelle Davis Petelinz instructs.

Sertoma Arts Center – Course Fee: \$60

#165895	Jan 12-Feb 23	M	9:30-10:30am
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no class Jan 19

#165896	Mar 9-Apr 13	M	9:30-10:30am
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Pottery – Little Potters

Age: 4-5yrs. Parents interested in clay too? Bring your child to the clay studio and work together on a cooperative project. Learn a little about clay while you learn a little about your child and the creative process. Projects picked up at a later date. Class fee includes one parent and one child. Please register child only. Instructor: Emily Malpass (1 session).

Pullen Arts Center – Course Fee: \$15

#167092	Jan 31	Sa	9:30-10:30am
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#167102	Feb 28	Sa	9:30-10:30am
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#167103	Mar 28	Sa	9:30-10:30am
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#167105	Apr 25	Sa	9:30-10:30am
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Suzuki Music for Babies at Greystone

Age: 1mths-2yrs. In this interactive music class for parent and child (age 0-2) parents enjoy watching their babies develop rhythm, melodic awareness, memory and movement. Through activities such as singing, dancing and story time, children learn self control, sharing, independence and the ability to listen. A home CD and booklet (one time purchase from Instructor) reinforce class songs and activities. Best enrollment age is one year or younger. Caregiver does no enroll.

Greystone Community Center – Course Fee: \$55
#167666 Jan 6-Feb 10 T 10:00-10:50am
#167667 Mar 3-Apr 7 T 10:00-10:50am

Tot Time Theatre

Age: 2-6yrs. Act, sing, dance! Bring your favorite costume! Dress up as your favorite prince or princess! Act out your favorite fairytale character! We will practice real dance moves and put on real 'playlets.' Combines nicely with Tot Time and Zany Zoology. Parent/guardian must stay with child during program. Class meets at Brentwood Neighborhood Center (3315 Vinson Court, 27604).

Brentwood Park – Course Fee: \$39

Fairytale Gala

#165397 Jan 14-Feb 4 W 10:30-11:30am
#165398 Feb 11-Mar 4 W 10:30-11:30am
#165399 Mar 11-Apr 1 W 10:30-11:30am
#165400 Apr 8-29 W 10:30-11:30am

Twinkle and Create Preschool Dance – Sanderford

Age: 2-5yrs. Are you looking for a class that gives you both structure and encourages creativity from your little dancer? Well, you don't have to look anymore...this is the class for you! This class combines Ballet, Creative Movement and Dance Theater all in one! Are you ready yet? See you at Sanderford! This is a continuous program offered throughout the year beginning in September! In this class, we build upon our dance skills and end the year with an AWESOME recital held in June. Class is taught by Mrs. Lala, owner of Right Moves Dance. She has a BA Dance degree in Performance and Technique.

Sanderford Road Park

Course Fee: \$36
#167992 Jan 5-26 M 5:00-6:00pm
#167993 Feb 2-23 M 5:00-6:00pm
Course Fee: \$60
#168025 Jan 5-Feb 23 M 5:00-6:00pm

Twinkle and Pop

Age: 3-5yrs. Join us as we combine basic ballet moves with hip hop. Our little princesses will learn how to be graceful and tumble with the music all at the same time! This is a continuous program offered throughout the year beginning in September! We build upon our dance skills and end the year with an AWESOME recital held in June. Class is taught by Mrs. Lala, owner of the

Right Moves Dance. She has a BA Dance degree in Performance and Technique.

Marsh Creek Park

Single Month – Course Fee: \$36
#168156 Jan 6-27 T 5:00-6:00pm
#168157 Feb 10-Mar 3 T 5:00-6:00pm
Both Months – Course Fee: \$60
#168158 Jan 13-Feb 17 T 5:00-6:00pm

Twinkle and Roll

Age: 3-5yrs. Join us as we combine basic ballet moves with hip hop. Our little princesses will learn how to be graceful and tumble with the music all at the same time! This is a continuous program offered throughout the year beginning in September! We build upon our dance skills and end the year with an AWESOME recital held in June. Class is taught by Mrs. Lala, owner of the Right Moves Dance. She has a BA Dance degree in Performance and Technique.

Marsh Creek Park

Single Month – Course Fee: \$36
#168159 Jan 6-27 T 10:45-11:30am
#168160 Feb 3-24 T 10:45-11:30am
2 Months – Course Fee: \$60
#168161 Jan 6-Feb 10 T 10:45-11:30am

Youth

Art – Get smART

Age: 6-10yrs. Aspiring artists develop knowledge and techniques for drawing, painting, and much more! No two sessions are ever the same! Michelle Davis Petelinz or Chelsea Brown instructs.

Sertoma Arts Center

Instructor: Michelle Davis Petelinz Course Fee: \$60
#165901 Jan 13-Feb 17 T 2:00-3:30pm
#165902 Mar 10-Apr 14 T 2:00-3:30pm
Instructor: Chelsea Brown Course Fee: \$70
#165899 Jan 15-Feb 19 Th 4:00-6:00pm
#165900 Mar 12-Apr 16 Th 4:00-6:00pm

Art – Spotlight on Famous Artists

Age: 7-12yrs. Each week, we'll focus on the work of a famous artist or genre, and create projects inspired by them. Projects will include various materials and techniques. Sign up for either session or both, they are never the same. Michelle Davis Petelinz instructs.

Sertoma Arts Center – Course Fee: \$70

#165897 Jan 12-Feb 23 M 4:00-6:00pm
no class Jan 19
#165898 Mar 9-Apr 13 M 4:00-6:00pm

Art – You Can Paint!

Age: 7-9yrs. Enjoy the delight of tempera paint in a relaxed and supportive atmosphere! Instruction in drawing will be given and basic brush techniques will be introduced. Subject matter will be taken from still life and from nature. Anna Sanderson instructs.

Sertoma Arts Center – Course Fee: \$70

#166388 Jan 15-Feb 19 Th 4:00-6:00pm

Art – Art Around the World

Age: 7-10yrs. Come travel with us! Each week we'll learn about a different country and create projects inspired by its art. Destinations may include places like Australia, China, Egypt, Ghana, India, Mexico, Peru, and more. No two sessions are ever alike, so sign up for them all! Michelle Davis Petelinz instructs.

Sertoma Arts Center – Course Fee: \$70

#165905 Jan 14-Feb 18 W 4:00-6:00pm
#165906 Mar 11-Apr 15 W 4:00-6:00pm

Art – Art Club

Age: 7-11yrs. Come join the Art Club! Members will choose projects from a list provided by the instructor, such as: weaving, bookmaking, mask making, sculpture, mixed media painting, puppet making, posters, and printmaking. No two sessions are alike, so join as many as you can. Michelle Davis Petelinz instructs.

Sertoma Arts Center – Course Fee: \$70

#165903 Jan 13-Feb 17 T 4:15-6:15pm
#165904 Mar 10-Apr 14 T 4:15-6:15pm

Art – Art TIME Machine

Age: 7-12yrs. This is an art appreciation class with a drawing and painting component. Each week we will focus on an era in art history and create a work of art that reflects that time! We will start at the beginning and work our way to contemporary works of art. In the process we will discuss history, science and culture. Chelsea Mason instructs.

Sertoma Arts Center – Course Fee: \$70

#168292 Jan 12-Feb 23 M 4:45-6:45pm
no class Jan 19

Art4Fun – Artful Teacher Workdays!

Age: 6-11yrs. School is out, so art is in! Participants can spend their teacher workday working on a variety of art projects, including painting, drawing, fibers, and clay, with times for traditional recreational activities and games mixed in. Projects and instructors vary from day to day so register for one session or for all available sessions. Participants should bring lunch and two snacks. Participants must register at least one week in advance. (1 session)

Pullen Arts Center – Course Fee: \$45

#168015 Jan 20 T 8:30am-5:00pm

Art4Fun Studio – Bookmaking and Printmaking

Age: 7-11yrs. Students will get an introduction to bookmaking and printmaking in this week-long class! We'll learn how to make paper, make stamps and decorate paper, and bind their paper into books! Along the way we'll learn new paper folding techniques, and we'll design and screen print our own t-shirts! All materials provided. Students should bring a snack/lunch. (5 sessions)

Pullen Arts Center – Course Fee: \$84

#168091 Mar 23-27 M-F 9:00am-12:00pm

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Ballet – Beginning

Age: 4-7yrs. Bring your ballerina to participate in a fun filled, dance centered environment. Students will start with an introduction to basic principles and terminology of ballet. Students will learn to increase their awareness of posture and body alignment. So come join our dance program and see your child's body awareness, self image, flexibility and coordination develop and grow. Instructor: Ms. Khadija (Coach K).

Laurel Hills Community Center – Course Fee: \$42
#167632 Mar 4-25 W 5:45-6:30pm
#167633 Apr 1-22 W 5:45-6:30pm

Ballet Basics

Age: 6-8yrs. It's never too much fun when you're in our ballet class. Young ballet dancers will continuously work on each ballet movement in barre exercise, center exercise, and gradually move into combining each move into phrases. They will also gain a sense of awareness, body coordination and body alignment. While dancers focus on structured lesson plan, they're encouraged to develop their own creativity. Prior experience is not necessary. Instructor Hanna Chio has a B.A. in Dance and a B.A. in Private Studio Teaching.

Green Road Community Center – Course Fee: \$70
#165015 Jan 10-Feb 21 Sa 12:00-12:45pm
#165016 Mar 7-Apr 18 Sa 12:00-12:45pm

Ballet I

Age: 3-7yrs. This is a continuous program offered throughout the year to allow children to build on their skills. Students will be introduced to the structure of a ballet class, basic ballet vocabulary, alignment and posture and the five positions of ballet, stressing the importance of proper posture. Traditional barre work, center work and combinations are included in all classes. Throughout this series of classes, students focus on building balance, strength, coordination and poise. Instructor: Ms. E is the owner of the Ethyl Lassiter's Dance Ensemble.

Barwell Road Community Center – Course Fee: \$43
#166417 Jan 3-31 Sa 10:00-10:45am
#166418 Feb 7-28 Sa 10:00-10:45am
#166419 Mar 7-28 Sa 10:00-10:45am
#166420 Apr 11-25 Sa 10:00-10:45am

Cool Artsy Crafts

Age: 5-14yrs. Are you creative? Do you enjoy making one of a kind creations? Channel that ability into this cool arts and crafts experience. A different activity is introduced in each class. See you at Sanderford!

Sanderford Road Park
#168554 Feb 27 F 6:00-8:00pm
#168555 Apr 24 F 6:00-8:00pm

Dance – Ballet and Tumbling

Age: 7-10yrs. Learn the fundamentals of being graceful while using your endurance to tumble across the floor. This unique combination class brings together the best of two worlds! You will want to spin and flip all over the place! This class is great for any level! This is continuous program offered throughout the year beginning in September! We build upon our dance skills and end the year with an AWESOME recital held in June. Class taught by Mrs. Lala, owner of Right Moves Dance, with a B.A. degree in Performance and Technique Dance.

Sanderford Road Park
Course Fee: \$36
#167998 Jan 5-26 M 7:00-8:00pm
#167999 Feb 2-23 M 7:00-8:00pm
Course Fee: \$60
#168026 Jan 5-Feb 23 M 7:00-8:00pm

Dance – Ballet, Hip Hop and Tumbling

Age: 5-6yrs. When Twinkle meets Pop meets Powerhouse! Join us as we embark on a journey through Ballet skills, Hip Hop moves and Cartwheels. Don't worry, that's just a preview to what your dancer will learn! See you at Sanderford! This is continuous program offered throughout the year beginning in September! We build on our dance skills and end the year with an AWESOME recital held in June. Class taught by Mrs. Lala, owner of Right Moves Dance, with a B.A. degree in Performance and Technique Dance.

Sanderford Road Park
Course Fee: \$36
#168006 Jan 8-29 Th 5:30-6:30pm
#168007 Feb 5-26 Th 5:30-6:30pm
Course Fee: \$60
#168052 Jan 9-Feb 27 Th 5:30-6:30pm

Dance – Courtney Johnson Step Team

Age: 8-17yrs. Come and learn the basics of step dancing.

Sgt. Courtney T. Johnson Center
#168339 Mar 10-Jun 16 T 6:00-8:00pm

Dance – Hip Hop Hype

Age: 6-7yrs. Get ready to have fun with the basics of modern day Hip Hop. Learn the latest new dance moves while developing body strength, balance, and confidence. Throughout the class you'll learn different combinations that will be put together for an end of course routine.

Greystone Community Center – Course Fee: \$40
#168747 Jan 7-28 W 10:00-11:00am
#168748 Feb 4-25 W 10:00-11:00am
#168749 Mar 4-25 W 10:00-11:00am
#168750 Apr 1-22 W 10:00-11:00am
Hill Street Center – Course Fee: \$50
#166272 Jan 13-Feb 17 T 5:00-6:00pm
#166273 Feb 24-Mar 31 T 5:00-6:00pm
#166274 Apr 7-May 12 T 5:00-6:00pm

Dance – Jazz

Age: 8-14yrs. This is a continuous program offered throughout the year to allow children to build on their skills. This class explodes with energy with music styles ranging

from hip hop, show tunes, and music of today together with the classical jazz music of yesterday. The beat alone will get you moving. The class will explore body isolations of the head, shoulders, ribcage, feet and arms and encourage individual expression and the development of personal style with an emphasis on basic jazz dance technique, terminology and movement. Instructor: Ms. E is the owner of the Ethyl Lassiter's Dance Ensemble.

Barwell Road Community Center – Course Fee: \$43
#166438 Jan 3-31 Sa 11:00-11:45am
#166439 Feb 7-28 Sa 11:00-11:45am
#166440 Mar 7-28 Sa 11:00-11:45am
#166441 Apr 11-25 Sa 11:00-11:45am

Dance – Tap and Jazz

Age: 4-7yrs. This class will introduce your child to the basics of tap and jazz dance while enhancing their coordination and self esteem. Dancers will dance with props, hats, batons and flowing ribbons. Instructor: Ms. Khadija.

Laurel Hills Community Center – Course Fee: \$42
#167717 Jan 17-Feb 14 Sa 11:30am-12:15pm
#167718 Feb 21-Mar 14 Sa 11:30am-12:15pm

Dance – Triple Threat I and II

Age: 6-11yrs. Do you like more than one style of dance? Well, this class is for you! This is Ballet, Hip Hop and Jazz Combination class. Your child will learn various movements for each style and expand upon these skills on a weekly basis. This is a continuous program offered throughout the year beginning in September! We build upon our dance skills and end the year with an AWESOME recital held in June. Class is taught by Mrs. Lala, owner of the Right Moves Dance. She has a BA Dance degree in Performance and Technique.

Marsh Creek Park – Course Fee: \$36
#167822 Jan 6-27 T 6:00-7:00pm
#167823 Feb 3-24 T 6:00-7:00pm
#167824 Jan 6-Feb 10 T 6:00-7:00pm

Dance – Triple Threat III

Age: 7-11yrs. This class is for experienced dancers. We will learn intermediate to advanced skills weekly concentrating on Ballet, Hip Hop and Jazz. This class will leave your child excited and tired all at the same time. This is a continuous program offered throughout the year beginning in September! We build upon our dance skills and end the year with an AWESOME recital held in June. Class is taught by Mrs. Lala, owner of the Right Moves Dance. She has a BA Dance degree in Performance and Technique.

Marsh Creek Park
Single Month – Course Fee: \$36
#167845 Jan 7-28 W 6:00-7:00pm
#167846 Feb 4-25 W 6:00-7:00pm
Both Months – Course Fee: \$60
#167847 Jan 7-Feb 11 W 6:00-7:00pm

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Dance – Twinkle and Stomp

Age: 5-6yrs. Join us as we combine basic ballet moves with tap. Our little princesses will learn how to be graceful and stomp to the beat of their feet at the same time! This is a continuous program offered throughout the year beginning in September! We build upon our dance skills and end the year with an AWESOME recital held in June. Class is taught by Mrs. Lala, owner of the Right Moves Dance. She has a BA Dance degree in Performance and Technique.

Marsh Creek Park

Single Month – Course Fee: \$36

#168153	Jan 7-28	W	5:00-6:00pm
#168154	Feb 4-25	W	5:00-6:00pm

Both Months – Course Fee: \$60

#168155	Jan 7-Feb 11	W	5:00-6:00pm
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Dance – Twirling Ribbons

They love it! Colorful ribbon movements creating hoops, loops, figures, floats, swirls, and trains. Learn fun dance steps that are short, easy to follow and beautiful to see! Instructor: Ms. Khadija (Coach K).

Laurel Hills Community Center – Course Fee: \$42

Ages 4-7

#167646	Mar 21-Apr 18	Sa	11:45am-12:30pm
#167648	Feb 4-25	W	5:45-6:30pm

Ages 7-11

#167645	Mar 21-Apr 18	Sa	12:45-1:30pm
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Drawing – Draw with Color

Age: 7-9yrs. Students develop their artistic skills in a stimulating and supportive environment. Techniques will be introduced in the use of graphite, pastel, colored pencil and marker. Have fun creating beautiful drawings! Anna Sanderson instructs.

Sertoma Arts Center – Course Fee: \$70

#166390	Mar 10-Apr 21	T	4:00-6:00pm
no class Mar 24			

Drawing – Art Adventures

Age: 11-15yrs. Discover different and fun drawing techniques. First students will experiment with colored pencils, pen and ink, watercolors, and collage using their choice of subjects such as animals, people, and natural objects. Then we will draw on a different surface each day. Drawings will be made on scratchboard, turned into glue prints, cardboard cutout prints, and stencil prints using simple printmaking techniques. Students will print by hand as well as use an etching press. \$20 supply fee due to instructor at first class. Instructor: Susan Soper (5 sessions)

Pullen Arts Center – Course Fee: \$80

#168265	Mar 23-27	M-F	2:00-5:00pm
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Drawing – Improve Your Drawing

Age: 10-15yrs. Beginning and advanced students will benefit from this class. Various drawing techniques will be introduced according to skill level of student. Graphite, charcoal and conte crayon will be used. Drawing can bring a lifetime of enjoyment! Anna Sanderson instructs.

Sertoma Arts Center – Course Fee: \$70

#166389	Jan 13-Feb 17	T	4:00-6:00pm
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Home School Sewing

Age: 10-18yrs. This class will teach the basics of sewing to the interested home schooled population.

Biltmore Hills Community Center – Course Fee: \$15

#167576	Feb 4-25	W	10:30-11:30am
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Painting – Ink Painting

Age: 10-15yrs. Students will receive training in drawing and in the use of pen and India ink. Beautiful transparent colored inks and watercolor paint will be options for enhancing the drawings. Anna Sanderson instructs.

Sertoma Arts Center – Course Fee: \$70

#166391	Mar 12-Apr 23	Th	4:00-6:00pm
no class Mar 26			

Mosaic Heart Art

Age: 5-14yrs. Roses are red, violets are blue, sugar is sweet...this program at Sanderford Road Center is too! Join us for Valentine's Day inspired arts and crafts.

Sanderford Road Park

#168081	Feb 13	F	5:00-6:00pm
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Music – Beginner Guitar

Age: 7-11yrs. So you want to be a rock star? This is a good way to start—join this fun beginners group where you can learn to play basic chords, beginning melodies and scales in a small class environment. Learning how to read music will be taught as well. From popular music to the classics, this eight week program can get you on the road to stardom! Please bring a guitar to class. Instructor: Jonathan Prince.

Laurel Hills Community Center – Course Fee: \$80

#167376	Jan 8-Feb 26	Th	6:45-7:45pm
#167354	Mar 5-Apr 23	Th	6:45-7:45pm

Music – Beginner Percussion

Age: 7-11yrs. So you want to be a rock star? This is a good way to start—join this fun beginners group where you can learn to read, write and play rhythms that will prepare you for middle and high school band. It is a great starting point to students interested in playing the drums. Instructor: Jonathan Prince.

Laurel Hills Community Center – Course Fee: \$80

#167387	Jan 6-Feb 24	T	6:45-7:45pm
#167389	Mar 3-Apr 21	T	6:45-7:45pm

Pottery – Bring in Spring! Decorating Seasonal Ornaments

Age: 5-10yrs. Children will be able to take bisqued clay ornaments and decorate them with paint, markers, glitter and more! We will have eggs, bunnies, flowers and chicks! Parent or caregiver assists child. Children will take their creations home with them the same day. Patricia Merrell instructs.

Sertoma Arts Center – Course Fee: \$15

#168109	Mar 22	Su	1:45-3:15pm
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Pottery – Flowers and Flower Pots

Age: 7-14yrs. In this pottery class we will be making different flowers to go in a handmade flower pot. Using nature and imagination as a guide, children will be able

to play while they create a spring flower pot with flowers. Children will be able to pick up their finished pieces a week after the class is over. Lynn Kurisko instructs.

Sertoma Arts Center – Course Fee: \$48

#168096	Apr 1-22	W	4:15-5:30pm
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Pottery – Handbuilding for Children

Age: 5-8yrs. Children work with real clay and learn various methods of constructing pottery, such as pinch, coil, and slab to form their own unique creations. Pieces will be glazed during the last class so don't miss it! Students can pick up finished work after course is completed. Lynn Kurisko instructs.

Sertoma Arts Center – Course Fee: \$60

#168094	Jan 14-Feb 4	W	4:15-5:30pm
#168093	Mar 3-24	T	4:15-5:30pm

Pottery – Intergeneration Clay Workshop

Age: 6-11yrs. Parents interested in clay too? Bring your child to the clay studio and work together on a cooperative project. Week one will focus on bowls, week two on figures. Learn a little about clay while you learn a little about your child and the creative process. Projects will be painted in class and picked up at a later date. Class fee includes one parent and one child. Please register child only. (2 sessions).

Pullen Arts Center – Course Fee: \$50

#167184	Jan 29-Feb 5	Th	6:00-8:00pm
#167185	Apr 2-9	Th	6:00-8:00pm

Pottery – Parent/Child Handbuilding

Age: 5-12yrs. This is a hands on class where parents assist their children in making clay projects including pinch pots, coil building and slab work. After all projects are made, they will be fired and then we will glaze them. The parent can be a grandparent or any other caregiver to the child. Lynn Kurisko instructs.

Sertoma Arts Center – Course Fee: \$40

#168101	Jan 12-Feb 9	M	6:00-7:30pm
no class Jan 19			

Pottery – Let's Decorate Clay Valentine Ornaments!

Age: 5-10yrs. Children will be able to take bisqued clay ornaments and pendants and decorate them with paint, markers, glitter and more! We will have hearts, cupids and 'lovebirds.' Parent or other assists child.

Children will take their creations home with them the same day. Patricia Merrell instructs.

Sertoma Arts Center – Course Fee: \$15

#168108	Feb 8	Su	1:45-3:15pm
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Saturday Sewing Jr.

Age: 10-17yrs. Sewing lessons for young people who want to learn how to read a pattern, select fabric and knowledge of sewing machines. Class cost does not include material.

Biltmore Hills Community Center – Course Fee: \$30

#167578	Feb 7-28	Sa	10:00-11:00am
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TUMBLE – For BOYS ONLY at Sanderford

Age: 5-9yrs. This is a BOYS ONLY Tumble Class designed to bring out the 'roar' in our little men. They will learn forward rolls, handstands and much more! It's nice when you don't have to share with the princesses! See you at Sanderford! This is a continuous program offered throughout the year beginning in September! We build upon our dance skills and end the year with an AWESOME recital held in June. Classes taught by Mrs. Lala, owner of Right Moves Dance, who has a BA Dance degree in Performance and Technique.

Sanderford Road Park

Course Fee: \$36

#167988	Jan 5-26	M	4:15-5:00pm
#168020	Feb 2-23	M	4:15-5:00pm
Course Fee: \$60			
#167989	Jan 5-Feb 23	M	4:15-5:00pm

Teen

Education – College Portfolio Prep

Age: 13-19yrs. This precollege art course includes observational drawing, design, composition, color theory, and issues surrounding the making of art. Although this art course is primarily focused on observational drawing and painting, mixed media compositions, photography, and other media may be explored. Students will develop a strong foundation of skills, develop professional work habits and create a portfolio suitable for college admission. There will also be assistance in putting together materials for application.

Sertoma Arts Center – Course Fee: \$70

#168453	Jan 15-Feb 19	Th	4:00-6:00pm
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Ballroom Dance for Ladies and Gentlemen

Age: 11-15yrs. Ballroom dance training has been shown to improve academic performance, self-esteem, physical health, socialization skills and self-confidence. A seasoned dancer/teacher will show the basics of Swing, Waltz, Foxtrot, Rumba and dance floor etiquette. Each class includes practice time to seal in the newly acquired steps. No experience or partner necessary; slick or suede-bottomed shoes recommended. Young teens can learn skills that will last a lifetime on and off the dance floor! Class meets at Brentwood Neighborhood Center (3315 Vinson Court, 27604).

Brentwood Park – Course Fee: \$75

Beginner I

#165401	Jan 8-Feb 26	Th	3:30-4:30pm
#165402	Mar 12-Apr 30	Th	3:30-4:30pm

Beginning Apparel for Teens I

Age: 12-15yrs. This class is an introduction to the wonderful world of sewing. You will learn how to use a sewing machine and will be making pillows to take home. This class will also teach you the skills you need to sew on your own. Please call the center for a supply list and detailed class description.

Halifax Community Center – Course Fee: \$35

#167711	Apr 6-27	M	6:00-7:30pm
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Pullen Community Center – Course Fee: \$35

#167269	Feb 2-23	M	6:00-7:30pm
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Beginning Apparel for Teens II

Age: 12-15yrs. This class is for those who have taken Apparel I here at our center or at their school. In this class you will learn how to use patterns and will leave with a few cool projects made just by you. Please call the center for the supply list and a detailed class description.

Pullen Community Center – Course Fee: \$35

#167287	Apr 7-28	T	6:00-7:30pm
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Dance – Lyrical and Hip Hop

Age: 12-16yrs. So you think you can dance? Or at least you are eager to learn? Well, this is the class for you. This class is for both the beginner and advanced dancers. Together, we explore lyrical through contemporary music suiting ballet fundamentals, with a hint of jazz-modern fusion! Not to mention, adding a little SWAG and turning the tables on the dynamics of break dance, pop n lock and creativity in Hip Hop. Believe me...you don't want to miss this! This is a continuous program offered throughout the year beginning in September! We build upon our dance skills and end the year with an AWESOME recital held in June. Class is taught by Mrs. Lala, owner of the Right Moves Dance. She has a BA Dance degree in Performance and Technique.

Marsh Creek Park

Single Month – Course Fee: \$36

#167864	Jan 6-27	T	7:00-8:00pm
#167865	Feb 3-24	T	7:00-8:00pm

Both Months – Course Fee: \$60

#167866	Jan 6-Feb 10	T	7:00-8:00pm
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Dance – Hip Hop and Latin Fusion

Age: 13-18yrs. Come on out for our hip hop and latin fusion class. In this high energy, teen oriented class, we will experience what it's like to be a true latin dancer. Students will also have the chance to explore their creative side as we blend traditional latin dancing with contemporary hip hop. Are you ready to bust a move?

Powell Drive Park – Course Fee: \$60

#168647	Jan 10-31	Sa	10:00-11:00am
#168655	Feb 7-28	Sa	10:00-11:00am
#168656	Mar 7-28	Sa	10:00-11:00am
#168657	Apr 11-May 2	Sa	10:00-11:00am

Drawing – Observational Drawing

Age: 13-18yrs. Drawing is a great way to connect with our natural world, and close study of museum specimens can be an inspiring way to develop your drawing skills. Each class we will practice techniques

such as shading, working from general shapes to details, and capturing movement. All drawings are done from firsthand observation. Chelsea Mason Instructs.

Sertoma Arts Center – Course Fee: \$70

#168390	Mar 11-Apr 15	W	4:45-6:45pm
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Music – Beginner Guitar

Age: 7-11yrs. So you want to be a rock star? This is a good way to start—join this fun beginners group where you can learn to play basic chords, beginning melodies and scales in a small class environment. Learning how to read music will be taught as well. From popular music to the classics, this eight week program can get you on the road to stardom! Please bring a guitar to class. Instructor: Jonathan Prince.

Laurel Hills Community Center – Course Fee: \$80

Ages 12-16

#167377	Jan 8-Feb 26	Th	7:45-8:45pm
#167386	Mar 5-Apr 23	Th	7:45-8:45pm

Fashionable Accessories and Crafts – Teens

Ages: 12-18yrs. Learn how to craft and personalize your own accessories. This class will give you the skills to revamp outdated accessories and unwanted clothes. You will also learn how to put together a fashion portfolio. Projects and skill levels will advance monthly. Call the center for a supply list and detailed class description.

Method Road Community Center – Course Fee: \$20

#168389	Feb 2-23	M	4:00-5:00pm
#169097	Mar 2-30	M	4:00-5:00pm
#169098	Apr 7-28	T	4:00-5:00pm

Music – Beginner Percussion

So you want to be a rock star? This is a good way to start—join this fun beginners group where you can learn to read, write and play rhythms that will prepare you for middle and high school band. It is a great starting point to students interested in playing the drums. Instructor: Jonathan Prince.

Laurel Hills Community Center – Course Fee: \$80

Ages 12-16

#167388	Jan 6-Feb 24	T	7:45-8:45pm
#167394	Mar 3-Apr 21	T	7:45-8:45pm

Pottery – Exploring Handbuilding and Potters Wheel Techniques

Age: 13-16yrs. This class will provide fun and exciting experiences in handbuilding and thrown wheel projects. All levels of experience are welcome as students will learn basic techniques or build on prior knowledge. Projects will be glazed during the last class and picked up at a later date. This class does not qualify participants for a Studio Card. 4 sessions. Joan Walsh instructs.

Sertoma Arts Center – Course Fee: \$70

#168110	Mar 5-Apr 2	Th	4:15-6:15pm no class Mar 26
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Pottery – Handbuilding for Youth and Teens

Age: 9-15yrs. Students work with real clay and learn various methods of constructing pottery, such as pinch, coil, and slab to form their own unique creations. Pieces will be glazed during the last class and student can pick up finished work after course is completed. Joan Walsh instructs Thursdays. Lynn Kurisko instructs Mondays.

Sertoma Arts Center – Course Fee: \$55

#168098	Jan 22-Feb 12	Th	4:15-5:30pm
#168099	Mar 16-Apr 6	M	4:15-5:30pm

Pottery – Wheel Throwing for Teens

Age: 13-16yrs. Teens learn the basics of throwing pots on the potters wheel. Class time includes throwing demonstrations followed by practice time on the wheel. Students work at their own level so all teens welcome! Class ends with glazing all pots for firing, which can be picked up by the students after class has ended. This class does not qualify participants for a Studio Card. 6 sessions. Joan Walsh instructs.

Sertoma Arts Center – Course Fee: \$80

#168111	Jan 26-Mar 2	M	4:15-6:15pm
#168112	Mar 23-May 11	M	4:15-6:15pm
no class Apr 13			

Adult

Art – Criticism of Work in Progress

Age: 18yrs and up. Students bring one piece of work currently in progress, in any medium, for critique. Emphasis will be on paintings and drawings, but sculpture may be included. Ben Williams instructs.

Jaycee Community Center – Course Fee: \$75

#166959	Mar 2-Apr 20	M	1:00-3:30pm
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Ballroom Dance

Age: 16yrs and up. Have fun at social events by learning 5 or more of these popular ballroom dances: Swing, Foxtrot, Rumba, Chacha, Hustle, Waltz, and Tango. This course introduces basic steps, timing and 'rules' of the dance floor. The final week is a brief review, followed by a mini Dance Party where you can test your skills and get personal help.

Greystone Community Center – Course Fee: \$55

#167658	Jan 9-Feb 13	F	6:00-6:50pm
#167659	Mar 6-Apr 17	F	6:00-6:50pm

Ballroom – Open Ballroom Dance

Age: 18yrs and up. Bring your partner or come solo and have fun dancing the night away. We play a variety of different ballroom music and you are welcome to bring your own. Please call ahead with any questions about the music.

Pullen Community Center – Course Fee: \$2

#167306	Jan 2	F	7:00-9:00pm
#167307	Jan 9	F	7:00-9:00pm
#167308	Jan 16	F	7:00-9:00pm
#167309	Jan 23	F	7:00-9:00pm
#167310	Jan 30	F	7:00-9:00pm
#167311	Feb 6	F	7:00-9:00pm

#167312	Feb 13	F	7:00-9:00pm
#167313	Feb 20	F	7:00-9:00pm
#167314	Feb 27	F	7:00-9:00pm
#167315	Mar 6	F	7:00-9:00pm
#167316	Mar 13	F	7:00-9:00pm
#167317	Mar 20	F	7:00-9:00pm
#167318	Mar 27	F	7:00-9:00pm
#167319	Apr 3	F	7:00-9:00pm
#167320	Apr 10	F	7:00-9:00pm
#167321	Apr 17	F	7:00-9:00pm
#167345	Apr 24	F	7:00-9:00pm

Bookmaking – Art Journaling

Age: 16yrs and up. Altered books and art journaling are a very open ended mixed media book art. Blank books are made to be loved and used by someone, to be given a life. The purpose of this class is to learn how to express yourself in a book, to have fun, relieve stress, and to branch out through creative means. This class will go beyond painting and drawing with many different creative exercises. Everyone is creative! A supply fee of \$20 will be due on the first night of class. Students are asked to bring pictures, decorative papers, string, fabric, and other items they might want to add to their book. Blank journals are provided.

Instructor: Jennifer Mahaffey (5 sessions)

Pullen Arts Center – Course Fee: \$75

#167647	Jan 31-Feb 28	Sa	9:30am-12:00pm
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Bookmaking – Introduction to Bookmaking

Age: 16yrs and up. What's bookmaking, you ask? This short class is a great way to be introduced to the art of bookmaking. After completing this class, you will have an understanding of the anatomy of books and will learn how to create your own personalized journals. Tools, materials, equipment, uses, and stitching will be covered in this class and will help prepare you for future book arts classes. A supply fee of \$25 will be due at the start of class.

Instructor: Jennifer Mahaffey (4 sessions)

Pullen Arts Center – Course Fee: \$74

#167644	Jan 6-27	T	6:30-9:00pm
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Bookmaking – Paper Manipulations

Age: 16yrs and up. We'll discover different paper techniques including paper beads, chain books, iris folding, paste paper and quilling. Supply fee of \$15 due to instructor at first class. Instructor: Jennifer Mahaffey (5 sessions)

Pullen Arts Center – Course Fee: \$60

#167684	Feb 12-Mar 12	Th	6:30-8:30pm
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Bookmaking – Toy Box of Books

Age: 16yrs and up. Board games are a fun way to pass the time, but can also be unique interactive artist's books. In this creative class we'll learn how to make a tiny 4-panel game board 'book' that is housed in it's own cigar-style box with a tray of multi-sections. A supply fee of \$45 is payable to instructor on the first class for supplies.

Instructor: Kathy Steinsberger (6 sessions)

Pullen Arts Center – Course Fee: \$92

#167113	Feb 18-Mar 25	W	6:00-9:00pm
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Crochet for Beginners

Age: 16yrs and up. Learn the basics of crocheting while meeting a new circle of friends. You will enjoy the opportunity to create scarves, Afghans and shawls. Use your new found crocheting skills to make gifts for friends and family. Instructor Sarah Sanders will guide you through the hands on learning process. Supplies needed: Susan Bates 8 or H Hook, yarn and scissors. Pre-registration required.

Powell Drive Park – Course Fee: \$60

#168368	Mar 2-23	M	10:00am-12:00pm
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Crochet for Intermediates

Age: 16yrs and up. Build on your existing crocheting skills. This class is designed for those who already know the basic crochet techniques and who would like to learn more advanced designs. Crochet a baby's blanket, a beautiful sweater, a warm scarf, a snazzy hat or create another beautiful piece out of yarn. Instructor Sarah Sanders will guide you through the hands on learning process. Supplies needed: Susan Bates 8 or H Hook, yarn and scissors. Pre-registration required.

Powell Drive Park – Course Fee: \$60

#168373	Apr 13-May 4	M	10:00am-12:00pm
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Dance – Ballroom Couples

Age: 16yrs and up. Students will be introduced to at least 4 of the following dances during the session: Foxtrot, Swing, Waltz, Cha Cha, Rumba, and Tango. Instruction in each dance includes the basics, techniques, and styling for both beginning and some intermediate dance patterns. Fifteen minutes of supervised freestyle dancing is followed by one hour of instruction. Registration by couple only. Fee is per person. Liz Sorrell and Mike Metcalf instruct.

Sertoma Arts Center – Course Fee: \$80

#166709	Jan 20-Mar 24	T	7:15-8:30pm
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Dance – Jazz II

Age: 15yrs and up. Whether you haven't taken a dance class in 20 years, take class regularly, or have never even danced a step. Come join this dance class and learn original choreography. You will learn a series of combinations while also increasing your flexibility and muscle tone. Come move to the hottest top songs and be ready to get fit and firm up your legs, arms and whole body.

Barwell Road Community Center – Course Fee: \$43

#166445	Jan 3-24	Sa	12:00-1:00pm
#166446	Feb 7-28	Sa	12:00-1:00pm
#166447	Mar 7-28	Sa	12:00-1:00pm
#166448	Apr 11-25	Sa	12:00-1:00pm

Dance – Merry Mixers Square Dance

Age: 18yrs and up. The Merry Mixers of Raleigh, North Carolina is an Advanced Level (A1/A2) square dance club. We meet at the Brentwood Community Center every Wednesday night at 7:30-10:00am. We



normally don't dance on the 5th Wednesday of a month.

Brentwood Park

#165044	Jan 7-28	W	7:00-10:00pm
#165045	Feb 4-25	W	7:00-10:00pm
#165046	Mar 4-25	W	7:00-10:00pm
#165047	Apr 1-29	W	7:00-10:00pm

Dance – Ballroom and Latin Introduction

Age: 16yrs and up. This workshop will offer instruction in the most popular ballroom and latin dances while affording you the opportunity to relax and connect. The 6-week class will introduce you to the Waltz, Foxtrot, Rumba, Tango, Salsa, and Shag. You will get to try your hand at one of the world's oldest and most elite past times. Instructor, Jordan Jewell, will introduce a new partner dance weekly. Are you ready to Tango?

Powell Drive Park – Course Fee: \$75

#168667	Jan 8-Feb 12	Th	6:00-7:00pm
#168668	Mar 5-Apr 9	Th	6:00-7:00pm

Dance – Raleigh International Folk Dancers

Age: 16yrs and up. Exercise, socialize, and learn the joy of dancing with music from many world cultures. The Raleigh International Folk Dancers teach newcomers through a basic vocabulary workshop and dances. Previous cultural dance styles include Polish, Turkish, Israeli, Romanian, and Bulgarian. Membership dues are \$1/ person/meeting. No registration necessary. Classes are held at Glen Eden Pilot Park – 1500 Glen Eden Drive.

Glen Eden Park – Course Fee: \$1

#167065	Jan 2-30	F	6:00-10:30pm
#167066	Feb 6-27	F	6:00-10:30pm
#167067	Mar 6-27	F	6:00-10:30pm
#167068	Apr 3-24	F	6:00-10:30pm

Drawing – Anatomy and Figure Drawing

Age: 18yrs and up. In this course, students develop their drawing abilities, whether they already have experience or are just

beginning to explore their creative potential as figurative artists. Concentrating on composition, line quality, tonality and gesture, students use studies of the human figure to improve their technical skills and explore less traditional techniques. The course incorporates some study of anatomy and portraiture and includes the use of various drawing media. Chelsea Mason instructs.

Sertoma Arts Center – Course Fee: \$84

#168447	Mar 12-Apr 16	Th	6:30-8:30pm
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Drawing – Basic Techniques

Age: 16yrs and up. This class is for beginners and those who need a refresher. Explore contour, proportion, shape, form, value, space, and perspective. It is recommended to take a drawing course before any painting course. This will provide a great foundation. Supply lists are available on Sertoma's homepage. Chelsea Brown instructs.

Sertoma Arts Center – Course Fee: \$84

#165832	Jan 13-Feb 17	T	6:30-9:00pm
#165833	Jan 14-Feb 18	W	9:30am-12:00pm

Drawing – Basic Techniques Continued

Age: 16yrs and up. Students will approach a different subject each week with emphasis on good composition and new drawing techniques. Completion of a beginning drawing class required for registration. Supply lists are available on Sertoma's homepage. Chelsea Brown instructs.

Sertoma Arts Center – Course Fee: \$84

#165834	Mar 10-Apr 14	T	6:30-9:00pm
#165835	Mar 11-Apr 15	W	9:30am-12:00pm

Drawing – Beginning

Age: 16yrs and up. The definition of the word 'drawing' is 'the act of making marks on a picture plane'. So if you can write your name, you can draw. Students will learn various drawing techniques such as contour, positive/negative space and value. These techniques will be explored

while experimenting with various drawing materials, such as pencils, sharpies, charcoal, ink, and conte. Students will draw natural and man-made objects. The students will learn to break down complicated subjects into basic shapes. We will explore a variety of exercises and reference master drawings. This course provides a good foundation for all art classes. Supplies list provided upon registration. Instructor: Susan Soper (6 sessions)

Pullen Arts Center – Course Fee: \$85

#167141	Jan 26-Mar 2	M	6:30-9:00pm
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Drawing – Continuing Drawing

Age: 16yrs and up. This class will help bridge the gap between beginning drawing and painting. We will explore techniques that build on your drawing foundation. We will review drawing techniques in charcoal and graphite, focusing on composition and perspective. Shading and texture will be developed through a mixture of media. Exercises will include the addition of ink washes to drawings. Supply list provided on receipt. Instructor: Autumn Cobeland (6 sessions)

Pullen Arts Center – Course Fee: \$85

#168284	Feb 10-Mar 17	T	7:00-9:30pm
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Drawing – Drawing and Painting with Color Pencils

Age: 16yrs and up. Colored pencil is the perfect stepping-stone for the artist who wishes to move from drawing to painting. They are pencils and easy to use but they apply color like watercolor. They can be used for simple sketches, detailed drawings or paintings with wonderful depth and color intensity. The basic techniques for using colored pencils will be covered in the course and students will be able to complete a small drawing/painting during the six week course. All skill levels are accepted in the course. Supply list available on Sertoma's homepage. Instructor is a signature member of the Colored Pencil Society of America. Linda Koffenberger instructs.

Sertoma Arts Center – Course Fee: \$84

#165911	Mar 10-Apr 21	T	9:30am-12:00pm
no class Apr 7			

Drawing – Experimental Drawing

Age: 16yrs and up. A playful, fun and exciting course which aims to free up your drawing process; focusing on experimental mark making. Students will use a broad range of traditional and nontraditional techniques and materials. You will be encouraged to create spontaneous work through employing a wide range of practical and fun experimental exercises. Course includes drawing with a huge range of materials from pencils, oil sticks, exercises on large paper with brushes on yard sticks to painting with industrial and organic materials and immediate monoprinting. Chelsea Mason instructs.

Sertoma Arts Center – Course Fee: \$84

#168394	Jan 15-Feb 19	Th	1:00-3:30pm
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Drawing – Figure Drawing: Anatomy for the Artist

Age: 16yrs and up. This figure drawing course will focus on understanding what is happening beneath the skin in order to better our ability to render the entire human figure. Breaking the body down piece by piece we will understand the different components and how they work in order to further comprehend how to draw them. We will use a combination of our own bodies, anatomical drawings, photographs and a model to study the figure. Instructor: Brandon Cordrey (6 sessions)
Pullen Arts Center – Course Fee: \$85
#166360 Mar 16-Apr 20 M 6:30-9:00pm

Drawing – Intermediate Drawing

Age: 16yrs and up. Students who have completed at least one basic drawing course will find intermediate drawing a fun way to meet the next challenge. Students will come with their own ideas for subject matter and media while being guided by the instructor and offered feedback by peers through regular critiques. Bring any and all drawing supplies and paper you own. Media will be chosen at the student's discretion. Chelsea Brown instructs.
Sertoma Arts Center – Course Fee: \$84
#165869 Jan 16-Feb 20 F 9:30am-12:00pm
#165870 Mar 13-Apr 24 F 9:30am-12:00pm
no class Apr 3

Drawing – Surrealist Techniques and Processes

Age: 16yrs and up. Immerse yourself in this spontaneous Surrealist environment where you'll loosen up your drawing process and get in touch with unconscious thoughts. Learn about the Surrealists and how they were greatly influenced by Sigmund Freud's theories of the unconscious and the significance of dreams. Practice spontaneous techniques such as frottage, automatism, doodling, decalcomania, photomontage, and blot drawing. We will discuss ideas and interpret underlying themes discovered while using these techniques. Spur-of-the-moment exquisite corpse collaborations will keep you on your toes. A supply fee of \$20 will be due at the first class meeting. Instructor: Melissa Roth (6 sessions)
Pullen Arts Center – Course Fee: \$85
#166311 Mar 31-May 5 T 7:00-9:30pm

Drawing – Workshop: Basic Drawing

Age: 15yrs and up. Drawing is a wonderful way to explore the beauty of your every day experience. This brilliant little drawing workshop is not nearly as popular as a watercolor workshop and that is due to one reason only—FOD syndrome (Fear Of Drawing). Most people are afraid to draw, mostly because they think they will fail or are afraid of what others will think. There

is no failure in trying. It's not about the drawing, it's about your seeing what it is you're drawing. Other people will think more of your drawing than you do of your own. That's the truth. If you start into painting (or any other medium, for that matter) without the fundamentals of drawing under your belt, it's guaranteed you'll run into problems that are rooted in a lack of drawing fundamentals. Whether you say that you can't draw a stick figure or want to brush up your rusty drawing skills, join Suzanne for a supportive, encouraging introductory class on the basics of drawing. You'll learn to see better and that yes, you can draw! Supplies included. Suzanne McDermott instructs.
Sertoma Arts Center – Course Fee: \$60
#166747 Jan 24 Sa 10:00am-1:00pm

Drawing – Workshop: Creative Re-Start

Age: 15yrs and up. This morning and afternoon program gives you a complete foundation in drawing and watercolor. It's an overhaul for how you think about the world and yourself. You'll learn all about the basic ways to work with line and color while overcoming fear and insecurity. You'll leave the workshop seeing the world in a whole new light. One hour break for lunch. Supplies included. Suzanne McDermott instructs.
Sertoma Arts Center – Course Fee: \$120
#166912 Mar 7 Sa 10:00-5:00pm

Drawing – Zentangle for Beginners

Age: 10yrs and up. The Zentangle Art Method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. Almost anyone can use it to create beautiful images. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well being. The Zentangle Method is enjoyed all over this world across a wide range of skills, interests and ages. With the Zentangle Method, anyone can create beautiful images from repetitive patterns. It is easy to learn and easy to do. Supply list available on Sertoma's homepage. Cathy Dills instructs.
Sertoma Arts Center – Course Fee: \$84
#166567 Jan 14-Feb 18 W 6:30-9:00pm
#166568 Mar 14-Apr 25 Sa 10:00am-12:30pm
no class Apr 4

Education – A Taste of The Artist's Way

Age: 22yrs and up. If you've always heard of The Artist's Way and the life and career changes that people have intuitively made as a result of the lessons and support from this group, but find it difficult to commit to the 12-week group, then this 6-week class is for you. If you'd like to tap into your creative, intuitive side and explore what's next for you, The Artist's Way can show you a new way of thinking that can open

up exciting new paths. Whether you are an aspiring or working artist, have a specific goal in mind, or would like to discover what's possible for you at this time in your life—you'll find this group of like-minded people to be supportive and the class transformational! The process is designed to expand your creative and personal interests, increase your confidence, overcome your blocks and transform your relationship with your inner critic—and it's fun! Class members also enjoy connecting and making new friends. Visit: The Artist's Way Raleigh, on Facebook. Class supply fee of \$7 made payable to the instructor at first class. Bring your copy of The Artist's Way and a journal for daily entries. Marlene Pelligrino instructs.
Sertoma Arts Center – Course Fee: \$120
#166403 Mar 25-Apr 29 W 7:00-9:00pm

Education – The Artist's Way

Age: 22yrs and up. If you'd like to tap into your creative, intuitive side and explore what's next for you, The Artist's Way can show you a new way of thinking that can open up exciting new paths. Whether you are an aspiring artist or a working artist, have a specific goal in mind, or would like to discover what's possible for you at this time in your life—you'll find this group of like-minded people to be supportive and the class transformational! The process is designed to expand your creative and personal interests, increase your confidence, overcome your blocks and transform your relationship with your inner critic—and it's fun. Class members also enjoy connecting and making new friends. Visit: The Artist's Way Raleigh, on Facebook. Class supply fee of \$7 made payable to the instructor at first class. Bring your copy of The Artist's Way and a journal for daily entries. Marlene Pelligrino instructs.
Sertoma Arts Center – Course Fee: \$120
Part I
#166400 Jan 13-Feb 17 T 1:00-3:00pm
Part II (Prerequisite: Part I)
#166401 Mar 10-Apr 14 T 1:00-3:00pm

Education – What You Should Know About Buying Art

Age: 16yrs and up. Learn the ins and outs of buying art you love. Understand what you are buying and the role the gallery plays. Leatha Koeffer, career art educator and former gallery owner will lead a discussion on this exciting and sometimes intimidating topic. A guest speaker at the NC Museum of Art, East Carolina University and Meredith College, Koeffer has lectured on topics including collecting contemporary art, artist gallery relationships, and using sculpture in interior design. Leatha Koeffer instructs.
Sertoma Arts Center – Course Fee: \$15
#166490 Jan 15 Th 7:00-9:00pm

Fibers – Sekka means Snowflake in Shibori

Age: 16yrs and up. Snowflakes, cracked ice and plum are but a few motifs that speak of winter and the coming of spring. Participants will explore 'Sekka' and 'Itajime' shibori as well as aspects of 'Nui' to speak of these manifestations of the season. A supply fee of \$20 will be due to the instructor at the start of class. Instructor: Susan Oliver Fennell (2 sessions)

Pullen Arts Center – Course Fee: \$80
#167987 Feb 7-8 Sa-Su 10:00am-4:00pm

Fibers – Intro to Weaving

Age: 16yrs and up. This is a class for the beginner wishing to gain the skills and knowledge to create their own projects on the loom. Learn to plan projects, make a warp, pattern and 'dress' the loom. Weave a simple project on Pullen Arts' table looms to complete the class. Materials fee of approx. \$10 payable during the class. To successfully complete a project, attendance at all classes is mandatory. Instructor: Sharon Petrides (5 sessions).

Pullen Arts Center – Course Fee: \$82
#168010 Jan 26-Feb 23 M 7:00-10:00pm

Fibers – Learn to Knit

Age: 16yrs and up. This basic class for beginners will teach you the stitches and techniques needed to begin your knitting projects. Class project will be a scarf. Students bring size 8 needles (10 inch). All other supplies provided by the instructor at no charge. Instructor: Sharon Petrides (4 sessions).

Pullen Arts Center – Course Fee: \$34
#167996 Jan 22-Feb 12 Th 7:00-9:00pm

Fibers Workshop – Batik on Silk

Age: 16yrs and up. In this class, you'll learn the basics of Batik on silk, using soy wax and fiber-reactive dyes, and create one 8'x54' silk scarf (two if time permits). You will learn the traditional Tjanting tool, as well as a variety of other improvised tools used for applying wax. The instructor will prepare the 'primary colors' of fiber-reactive dye for your use during class. Please bring \$15-\$30 for scarves, wax and dye the first day of class. Kim Kirchstein instructs.

Pullen Arts Center – Course Fee: \$100
#168892 Mar 21-22 Sa-Su 12:00-5:00pm
Sertoma Arts Center – Course Fee: \$100
#166504 Jan 17-18 Sa-Su 12:00-5:00pm
#166506 Feb 21-22 Sa-Su 12:00-5:00pm
#166509 Apr 18-19 Sa-Su 12:00-5:00pm

Glass – Fusing and Slumping Open Studio

Age: 16yrs and up. Open studio time to work on fused glass projects and collaborate with your fellow glass artists! Students must have at least a beginner's understanding of glass fusing prior to joining the Open Studio class. The instructor will be onsite and available during open studio hours, but there will be no formal lessons during this class.

All glass used in this class must be Bullseye brand fusible COE90 glass. Students will have access to some frit and molds, but all other supplies must be purchased by the student. Prerequisite: Any fusing/slumping class at the Pullen Arts Center. Instructor: Melanie Stoer (5 sessions)

Pullen Arts Center – Course Fee: \$91
#168820 Mar 3-31 T 6:30-9:00pm

Glass – Intro to Fused Glass

Age: 16yrs and up. This course will introduce you to the exciting art of warm glass fusing and slumping. Students will use Bullseye brand art glass, stringers, powders, and frit to create tiles and small dishes. Included will be instruction in all the basics of warm glass, glass compatibility, annealing and slumping. After their designs are fused in a kiln, students will learn to use molds for slumping, the controlled bending or sinking of glass to add shape and function to fused glass. The end results will be small plates, platters and bowls. Students purchase glass for projects at class (starting at approx. \$30 depending on the size and number of projects). (5 sessions)

Pullen Arts Center – Course Fee: \$92
#167656 Jan 6-Feb 3 T 6:30-9:00pm

Glass – Non-guided Open Studio

Age: 16yrs and up. This is an opportunity for experienced glass students to have access to Pullen Arts' molds and kiln to further develop skills learned in prior Glass Fusing and Slumping classes. No instruction will be provided in this class, so students must have completed at least two glass fusing classes at Pullen Arts prior to joining the Non-guided Open Studio class. A studio monitor will be onsite to ensure safe studio practices are used and to load/unload the kiln, but there will be no formal lessons during this class. All glass used in this class must be Bullseye brand fusible COE90 glass. Students will have access to molds, glastac, glass cleaner, grinder, and safety glasses but all other supplies (including frit, cutter, running pliers, and grozier pliers) must be purchased by the student. Only works created during class time that are 12x12 or smaller will be fired. Prerequisite: At least two prior fusing and slumping classes at Pullen Arts. Studio Monitor: Jennifer Mahaffey (5 sessions)

Pullen Arts Center – Course Fee: \$60
#167654 Apr 16-May 14 Th 7:00-9:30pm

Jewelry – Beading and Wire Wrapping for Beginners

Age: 16yrs and up. In Beading and Wire Wrapping for Beginners, you will learn how to string and crimp in the first class and you will learn how to crimp two different ways. In the second class, you will learn how to make single- and double-wrapped loops with wire and beads. You will also learn how to attach them directly to the chain as well as how to attach them using jump rings. In

the third class, you will learn how to make simple loops with wire and beads as well as how to attach them directly to each other. You will also learn how to attach them using jump rings. In the fourth class, you will learn how to make a bangle bracelet almost completely out of wire. You will learn how to make the core of a bracelet with wire, coil wire, and make your own hook and S clasp. In the last two classes, you will learn how to make your own findings, including eye pins and earring wires, and incorporate beads to make a bracelet. You will leave each class with a finished project that you designed, except for the techniques that will take more than one class to learn. Jewelry kits available upon request (must notify Sertoma of request at least 2 weeks before the start date of course). Each kit is likely to vary from every other kit regarding price and materials. Jewelry kit information and class supply list available on Sertoma's home page. Elizabeth Strugatz instructs.

Sertoma Arts Center – Course Fee: \$96
#166398 Jan 15-Feb 19 Th 7:00-9:00pm

Jewelry – Beginning Metal

Age: 16yrs and up. Design and construct earrings, pins, pendants, charms, or other small objects and tokens in this basic metal working class. Students will learn to saw, file, hammer, and solder wire and sheet metals to create individual projects. Students purchase silver for projects (orders taken first class, approx. \$30) Optional jewelry kits will be available for \$25. The kit will provide each student with solder, sawblades, drill bit, sandpaper and a small amount of copper to get started on projects. Instructor: Betty McKim, Sarah West, Amy Veatch, Sayer Brosnahan, or Julia Cozart (6 sessions).

Pullen Arts Center – Course Fee: \$104
#166027 Jan 26-Mar 2 M 7:00-9:30pm
#166028 Jan 13-Feb 17 T 10:00am-12:30pm
#166029 Mar 4-Apr 8 W 7:00-9:30pm
#166030 Jan 22-Feb 26 Th 7:00-9:30pm

Jewelry – Enamel: Exploring Color and Pattern

Age: 16yrs and up. Would you like to add color and pattern to your jewelry and metalwork? Explore ways to use vitreous enamels to create rich and colorful patterned surfaces through the use of layered opaques and transparents, luster decals, graphite, stenciling, sgraffito, rubber stamps, silver foil under transparents, underglaze pencils, enamel paints and markers, sugarfiring, and adding elements including seed beads, microbeads, glass threads, and frit. The instructor will demonstrate enameling on two and three dimensional surfaces and discuss solutions to setting enamel pieces. All levels are welcome. Instructor: Kathryn Osgood (2 sessions)

Pullen Arts Center – Course Fee: \$120
#167554 Jan 24-25 Sa-Su 9:00am-4:00pm

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Jewelry – Enameling Open Studio for Studio Card Holders

Age: 16yrs and up. This is an uninstructed open studio for usage of the enamel kilns and enameling tools and equipment at Pullen Arts Center. Only current Pullen Arts Center Jewelry Studio Card Holders and/or students currently enrolled in an Enameling class at Pullen Arts Center are eligible to take this course. Students may bring their own enamels (lead-free only) or may pay a \$10 supply fee to use Pullen's enamels. Sign up is limited to 4 people. (1 session)
Pullen Arts Center – Course Fee: \$12

#166363	Jan 28	W	4:00-9:00pm
#166364	Feb 4	W	4:00-9:00pm
#166365	Feb 11	W	4:00-9:00pm
#166366	Feb 18	W	4:00-9:00pm

Jewelry – Hydraulic Press Class

Age: 16yrs and up. Learn how to emboss, raise metal, and make hollow forms while maintaining surface embellishment. Prerequisite: Beginning Jewelry at Pullen Arts. Silver ordered first class (approx. \$30). Instructor: Julie Brooks (6 sessions).
Pullen Arts Center – Course Fee: \$70
#166040 Mar 10-Apr 14 T 7:00-9:30pm

Jewelry – Intermediate/Advanced Wire Wrapping

Age: 16yrs and up. In this course, you will learn how to 'cage' beads with wire in the first class and you will learn how to make your own hook and clasp. You will leave this class with a finished bracelet. In the second class, you will learn how to wire and wrap individual beads as well as multiple beads both neatly and randomly/asymmetrically. You will leave this class with a finished necklace or bracelet. In the third and fourth classes, you will learn how to make core wire components (components that will serve as the core of a bracelet or necklace to which you will be able to attach charms/bead dangles). You will also learn how to make wire components and beads out of wire that you will be able to attach to the core and/or incorporate into any piece of jewelry. You will leave the fourth class with a finished bracelet. In the last two classes, you will learn how to make a continuous figure eight out of one piece of wire that will serve as the base or core of the bracelet and you will learn how to weave beads onto this base/core for a beautiful and finished look. You will learn how to make your own hook, different from the first, and you will leave the last class with an infinite bracelet. Jewelry kits available upon request (must notify Sertoma of request at least 2 weeks before start date of course). Each kit is likely to vary from every other kit regarding price and materials. Jewelry kit information and class supply list available on Sertoma's home page. Elizabeth Strugatz instructs.
Sertoma Arts Center – Course Fee: \$96
#166399 Mar 12-Apr 16 Th 7:00-9:00pm

Jewelry – Intro to Cloisonné Enamel

Age: 16yrs and up. Students will explore the basics of cloisonné enamel on fine silver, while creating a small pendant or pair of earrings. Fine silver blanks will be textured and domed, then students will shape silver wire to create the design, and colored enamels will added. No prior jewelry or enameling experience is necessary. Students will be supplied with a materials list, or have the option to purchase a kit from the instructor. Instructor: Sandra McEwen (2 sessions)
Pullen Arts Center – Course Fee: \$120
#166857 Mar 7-8 Sa-Su 9:00am-4:00pm

Jewelry – Metal Continuing

Age: 16yrs and up. Continue to expand your skills working independently and on assigned projects to further your knowledge of jewelry techniques. Explore methods of stone setting and hollow form construction. Silver supplies ordered first class (approx. \$30). Optional kits will be available for \$25. The kits will provide each student with solder, sawblades, drill bit, sandpaper and a small amount of copper to get started on projects. Prerequisite: Beginning Metal Jewelry at Pullen Arts. Instructors: Betty McKim, Amy Veatch, Lillian Jones or Sayer Brosnahan (6 sessions).
Pullen Arts Center – Course Fee: \$104
#166032 Mar 16-Apr 20 M 7:00-9:30pm
#166033 Feb 24-Mar 31 T 10:00am-12:30pm
#166035 Apr 22-May 27 W 7:00-9:30pm
#166037 Mar 12-Apr 16 Th 7:00-9:30pm

Jewelry – Refresher Class

Age: 16yrs and up. This 2 hour class will refresh your knowledge of tools and equipment in the jewelry studio and sharpen your metalsmithing skills. If you haven't taken a jewelry class within the last 2 years, but you have a Pullen Arts Center studio participation card, this refresher will remind you of safety practices and metal applications that are suitable for Pullen's Jewelry Studio. We will go over soldering, hammers, flex shaft, tools and equipment available for participant use, and address any particular question you may have. This class will enable you to safely and confidently work in the studio while developing your metalworking skills. Instructor: Betty McKim or Sarah West. Mondays 2-4 or by appointment. Please contact the Pullen Arts Center to register.
Pullen Arts Center – Course Fee: \$65
#166361 Jan 21 W 7:00-9:00pm
#166362 Feb 25 W 7:00-9:00pm

Jewelry – The Enameled Image

Age: 16yrs and up. Working from personal sketches and reference images, learn how to draw and paint using vitreous enamel. Starting with copper sheet and/or porcelain coated steel, demonstrations will be given on enamel sifting processes, kiln firing, underglazes, overglaze painting, and non-

photographic decals. A strong direction with regard to personal imagery and mark-making will help guide you through the workshop. Basic metalworking skills will be helpful, but not required. Instructor: Jessica Calderwood (2 sessions)

Pullen Arts Center – Course Fee: \$225
#166368 Feb 28-Mar 1 Sa-Su 9:00am-4:00pm

Jewelry – Tin Locket Workshop

Age: 16yrs and up. Ever wanted a special place to store a small keepsake or secret? Then this class is for you! We will use recycled materials to form and make unique and wearable lockets to keep your special memento. Demonstrations and instruction will include riveting, piercing, forming, simple hinge making, image transfer and soldering using steel from tin cans and bottle caps as our primary material for fabrication. Instructor: Marlene True (2 sessions)
Pullen Arts Center – Course Fee: \$120
#166856 Apr 18-19 Sa-Su 9:00am-4:00pm

Jewelry – Tool Making Workshop

Age: 16yrs and up. This workshop will consist of making chasing tools and chisels. We will touch on what each tool does. Most of the time will be spent making the tools. Each person should be able to make 5-15 tools. Limited to 8 students. Stock for making tools will be bought from instructor at approx. 50 cents each. Tim Lazure instructs. (2 sessions).
Pullen Arts Center – Course Fee: \$120
#166045 Mar 21-22 Sa-Su 9:00am-4:00pm

Jewelry – Workshop: Crocheting with Wire and Beads

Age: 16yrs and up. If you love to crochet with yarn and did not know that you could crochet with wire and beads, and are intrigued by this, or if you love to crochet with yarn and love beads, then this workshop is for you! Once you learn this technique, you will be able to crochet beautiful necklaces, bracelets, and earrings that you design! You will only be limited by your own imagination. You will leave this workshop with a beautiful wire crocheted bracelet that you designed! Jewelry kits available upon request (must notify Sertoma of request at least 2 weeks from start date of workshop). Each kit is likely to vary from every other kit regarding price and materials. Jewelry kit information and class supply list available on Sertoma's home page. Elizabeth Strugatz instructs.
Sertoma Arts Center – Course Fee: \$65
#166527 Feb 7-8 Sa-Su 12:30-4:30pm

Jewelry – Workshop: Doming, Stamping and Cold Connecting

Age: 16yrs and up. If you love to make jewelry with wire and beads, then learning how to make jewelry with sheet metal is a natural progression! **Warning: Once you learn these techniques, you are likely to become addicted and the design possibilities

are infinite! In this workshop, you will learn how to cut sheet metal with tin snips, file it, dome/dap it, stamp and texture it, and connect charms to it without using heat. You will learn how to make your own hook and clasp and you will leave this class with a finished bracelet that you designed! Jewelry kits available upon request (must notify Sertoma of request at least 2 weeks before start date of workshop). Each kit is likely to vary from every other kit regarding price and materials. Jewelry kit information and class supply list available on Sertoma's home page. Elizabeth Strugatz instructs.

Sertoma Arts Center – Course Fee: \$65
#166535 Apr 11-12 Sa-Su 12:30-4:30pm

Jewelry – Workshop: Wire Weaving Around a Cabachon

Age: 16yrs and up. If you love the way cabachons look when they are wrapped with wire and beads, then this workshop is for you! You will learn a nontraditional way to wire wrap a cabachon using a wire weaving technique. You will also learn to weave additional wire and small beads into the wire for an intricate, delicate, and beautiful finished look! You will leave this workshop with a finished wire wrapped cabachon that you designed, and you will be able to use it as a pendant on a necklace that you design! Jewelry kits available upon request (must notify Sertoma of request at least 2 weeks before the start date of workshop). Each kit is likely to vary from every other kit regarding price and materials. Jewelry kit information and class supply list available on Sertoma's home page. Elizabeth Strugatz instructs.

Sertoma Arts Center – Course Fee: \$65
#166533 Mar 14-15 Sa-Su 12:30-4:30pm

Jewelry – Classy Clasps

Age: 16yrs and up. From the simple sister hook to the baffling box clasp, we will take a closer look at how clasps and mechanisms work. Students will come away with many samples including a sister hook, figure eight, pin mechanism, ball and box clasp. Prerequisite: Beginning and Continuing Jewelry. Instructor: Sarah West (6 Sessions)

Pullen Arts Center – Course Fee: \$104
#166044 Apr 23-May 28 Th 7:00-9:30pm

Make It March – Try Something New

Age: 16yrs and up. During the month of March, try out mediums you've always wanted to try, but weren't willing to commit 6 weeks to. In the Book Studio, we'll make miniature books. In the Wheel Studio, you can try out the potter's wheel. In the Handbuilding Studio, you can construct a simple form from a slab of clay. In the Jewelry Studio, we'll make a simple metal project. Sign up for one session or try them all! Discover your next creative adventure. All supplies provided; these classes do not qualify student for a studio card. (1 session)

Sertoma Arts Center – Course Fee: \$15
Handbuilding
#168664 Mar 5 Th 6:30-8:30pm

Wheel

#168665 Mar 12 Th 6:30-8:30pm
Jewelry
#168666 Mar 20 F 10:00am-12:00pm
Bookmaking
#168669 Mar 26 Th 6:30-8:30pm

Mat Cutting – Mat Cutting Basics

Age: 15yrs and up. Learn basic mat design and cutting and qualify to use our C&H professional mat cutter. Also learn how to wire a frame for hanging and shrink wrapping. You will design and cut a single mat and learn how to cut a double mat. You must bring a photo or artwork (up to 11"x14") to mat. A \$20 materials fee, payable to the instructor, includes all items you need to mat and mount one to two pieces. Leatha Koefler instructs.

Sertoma Arts Center – Course Fee: \$40
#166513 Jan 20 T 6:30-9:30pm
#166743 Apr 7 T 6:30-9:30pm

Origami

Age: 12yrs and up. Origami originated in the Asia 2000 years ago, and since then has been perfected into a beautiful and fascinating art form. A simple piece of paper can be transformed into a flower, a bird, a rabbit or hundreds of other objects. Come learn and enjoy this enduring art form and leave with delicate personal creations—bring out your inner geometric artist! Class meets at Brentwood Neighborhood Center (3315 Vinson Court, 27604).

Brentwood Park – Course Fee: \$39

Animals and Objects

#165403 Jan 14-Feb 4 W 4:30-5:30pm

Flowers

#165404 Feb 11-Mar 4 W 4:30-5:30pm

More Animals and Objects

#165405 Mar 11-Apr 1 W 4:30-5:30pm

More Flowers

#165406 Apr 8-29 W 4:30-5:30pm

Painting – Abstract Landscapes

Age: 16yrs and up. In this fun and exploratory class we will go over the basics of color theory and the principles of how to create a landscape. We will paint a landscape using palette knives and abstract techniques. Beginners welcomed. Everyone will take home a completed landscape painting. Supply fee of \$12 due at the beginning of class. Instructor: Rebecca Rousseau (2 session)

Pullen Arts Center – Course Fee: \$54
#167168 Jan 17,18 Sa,Su 1:00am-4:00pm

Painting – Advanced

Age: 16yrs and up. So you have been painting for a while and have reached a plateau where you just do not know what to do to get to the next level. Or maybe you have had to take a break from painting due to other life priorities and need to brush up on your skills. This class is for the painter who is familiar with their medium and is trying to clearly express themselves through the application of paint. Painters work independently and the class sessions

provide individual and class critiques, as well as lectures on other artists and painting concepts. Previous painting experience is required. Students furnish their own supplies. Class limit: 12 students. Instructor: Leslie Pruneau (Monday and Wednesday) or Brandon Cordrey (Thursday) (6 sessions).

Pullen Arts Center – Course Fee: \$90

#167121 Jan 12-Feb 23 M 1:00-4:00pm
#167122 Jan 14-Feb 18 W 9:30am-12:30pm
#167123 Jan 15-Feb 19 Th 9:30am-12:30pm
#167124 Mar 2-Apr 6 M 1:00-4:00pm
#167125 Mar 4-Apr 8 W 9:30am-12:30pm
#167126 Mar 5-Apr 9 Th 9:30am-12:30pm
#167127 Apr 20-Jun 1 M 1:00-4:00pm
#167133 Apr 22-May 27 W 9:30am-12:30pm
#167134 Apr 23-May 28 Th 9:30am-12:30pm
#167135 Jan 15-Feb 19 Th 6:30-9:00pm

Painting – Aqueous Acrylic and Gouache

Age: 16yrs and up. In this class students will explore gouache or acrylic (students' choice), both of which can be used as opaque or transparent mediums. Gouache and acrylic are exciting, beautiful, and versatile mediums. They can be used similarly to watercolor as well as painting from dark to light and from background to subject matter. Students will be introduced to several techniques and will leave with a good understanding of gouache and acrylic and the many possibilities. Supply list is available on Sertoma's homepage. Kate Lagaly instructs.

Sertoma Arts Center – Course Fee: \$84

#166386 Jan 7-Feb 11 W 10:00am-12:30pm
no class Jan 28
#166387 Mar 11-Apr 15 W 10:00am-12:30pm

Painting – Beginning Acrylics

Age: 16yrs and up. Students will learn basic techniques for working with acrylics, while learning about applying good composition, color scheme, and incorporating mixed media and thematic elements into your pieces. Supply list provided with receipt. Instructor: Joanna Moody (6 sessions).

Pullen Arts Center – Course Fee: \$85
#167154 Feb 11-Mar 18 W 7:00-9:30pm

Painting – Beginning Oil Painting

Age: 16yrs and up. This class is an introduction to oil painting, intended for anyone who is curious about this medium and needs a place to start. The course will cover the basics of oil painting, including: materials used, basic color theory and color mixing, form, value, perspective, composition, themes and painting techniques. The class will include brief lectures and instructor demonstrations. Paints and mediums will be provided by the instructor for a material fee of \$10. Students bring other supplies. Supply list available on Sertoma's homepage. Katya Harris instructs.

Sertoma Arts Center – Course Fee: \$84
#166392 Jan 14-Feb 18 W 6:30-9:00pm

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Painting – Beginning Watercolor, Groundwork for Adventure

Age: 16yrs and up. Students will learn the basic skills of watercolor painting that creates it's colorful and glowing effects. Properties of paints, paper, and brushes, wet and dry techniques, washes, glazes and traditional methods of developing a watercolor painting will be demonstrated and practiced. An understanding of how pigment and water work along with emphasis on specific brush skills will allow students to confidently paint. Skills learned will include: use of color wheel, how values work, the importance of leaving your whites, mixing bright colors, neutrals, and darks. Students provide their own supplies, supply list included. Instructor: Rick Bennett (6 sessions).

Pullen Arts Center – Course Fee: \$85
#167139 Feb 26-Apr 2 Th 7:00-9:30pm

Painting – Beginning Watercolors with Janie

Age: 16yrs and up. Learn the fundamentals of watercolor. Become familiar with watercolor painting techniques such as wet into wet, dry brush, smooth washes, etc. Learn about paint properties, brushes, paper, and other tools used in watercolor. Supply list is available online on Sertoma's homepage. Janie Johnson instructs.

Sertoma Arts Center – Course Fee: \$95
#166376 Jan 12-Feb 23 M 9:30am-12:30pm
no class Jan 19
#166377 Mar 9-Apr 13 M 9:30am-12:30pm

Painting – Color Mixing for Acrylics and Oils

Age: 15yrs and up. Understand the principles of color: hue, value and intensity. Learn how to change the colors that come from the tube to suit your needs, and how to create hundreds of colors including black from three basic colors. These principles apply to both oil and acrylic paints. Students will create a cubist style still-life painting while practicing color mixing. Supply list available on Sertoma's homepage. Leatha Koefler instructs.

Sertoma Arts Center – Course Fee: \$85
#166728 Mar 11-25 M,W 6:30-9:30pm

Painting – Continuing Acrylics

Age: 16yrs and up. For the acrylics painter who has had a beginning painting class or who needs a refresher for this medium. We will explore different textures and approaches to various application techniques. We will be refining composition and exploring framing options for this versatile paint. Instructor : Joanna Moody (6 sessions)

Pullen Arts Center – Course Fee: \$84
#167155 Apr 1-May 6 W 7:00-9:30pm

Painting – Continuing Oil Painting

Age: 16yrs and up. This class is for anyone who has previous oil painting experience who wants to further their technical development while exploring the conceptual elements in their paintings. This class will focus on the choices behind compositions, color and subject matter as it relates to the artist's intent. The course will introduce students to the practice of critiques, which will allow students to gain feedback on their work from a community of artists seeking to improve their skills and knowledge. Students will need to bring their own supplies. Supply list on Sertoma's homepage. Katya Harris instructs.

Sertoma Arts Center – Course Fee: \$84
#166393 Mar 11-Apr 15 W 6:30-9:00pm

Painting – Continuing Watercolor with Rick Bennett

Age: 16yrs and up. For intermediate or advanced artists with some experience with the basics of watercolor who are looking to expand their skills. Emphasis is on individual painting with one on one assistance. Topics will include use of color, demonstration of brush work, how to develop a painting and composition. Students bring their own supplies. Instructor: Rick Bennett (6 sessions)

Pullen Arts Center – Course Fee: \$85
#167136 Jan 6-Feb 10 T 7:00-9:30pm
#167137 Feb 24-Mar 31 T 7:00-9:30pm
#167138 Apr 14-May 19 T 7:00-9:30pm

Painting – Continuing Watercolors

Age: 16yrs and up. In this class students will continue reinforcing the basics of watercolor as additional watercolor techniques are learned and practiced. This class is for watercolorists who are ready to step beyond beginning watercolor as well as those who want to strengthen and add to their painting skills. Supply list available on Sertoma's homepage. Kate Lagaly instructs.

Sertoma Arts Center – Course Fee: \$84
#166380 Jan 7-Feb 18 W 1:00-3:30pm
no class Jan 28
#166381 Mar 11-Apr 15 W 1:00-3:30pm

Painting – Continuing Watercolors with Janie

Age: 16yrs and up. Each class will begin with a demonstration by the artist focusing on a variety of watercolor techniques. Students will then work using photographs or other visual aids. Emphasis will be on achieving bold watercolors using fewer strokes. We will explore color mixing, perspective, composition, values, and principles and elements of design. Some watercolor experience is necessary. Supply list available on Sertoma's homepage. Janie Johnson instructs.

Sertoma Arts Center – Course Fee: \$95
#166378 Jan 12-Feb 23 M 1:00-4:00pm
no class Jan 19
#166379 Mar 9-Apr 13 M 1:00-4:00pm

Painting – Encaustic with Anna Podris

Age: 16yrs and up. Come paint with wax! Explore encaustic painting, an ancient medium, in this beginner level class. Learn to scrape, incise, stencil, and paint to create imagery. Also try out using wax as part of a mixed media piece. Some painting or drawing experience necessary. A supply fee of \$40 will be due at the first class meeting. Instructor: Anna Podris (6 sessions).

Pullen Arts Center – Course Fee: \$100
#167182 Feb 11-Mar 18 W 7:00-9:30pm

Painting – Exploring Abstract Painting

Age: 16yrs and up. Whirl, spin, throw, splatter, pop! How do they get all those paint strokes to equal an abstract painting that works? We will explore these concepts in this fun abstract painting class. Learn what techniques used together create a dynamic abstract, or dynamic background for a representational painting. We'll go over composition, values, hues, tones, shapes, and color combinations. No prior experience required. You'll take home a finished abstract or two! Supply fee \$12. Instructor: Rebecca Rousseau (1 session).

Pullen Arts Center – Course Fee: \$50
#167724 Feb 28-Mar 1 Sa-Su 1:30-4:30pm

Painting – Floral Workshop

Age: 16yrs and up. Learn basic painting techniques while painting beautiful florals. You will learn shading, composition, color placement and color mixing while capturing the character of flowers. Each student will take home a completed beautiful floral painting. A supply fee of \$12 will be due at the start of class. Instructor: Rebecca Rousseau (1 session)

Pullen Arts Center – Course Fee: \$35
#167688 Mar 28 Sa 10:30am-2:30pm

Painting – Impressionistic Florals

Age: 16yrs and up. The students will learn and use the Impressionist's palette and soft application of paint to create floral paintings. Impressionism lends itself well to florals, whether in vases or bountiful fields. The student will learn color mixing, choosing colors that work well together, and paint application methods in this relaxed, exploratory class. You will take home a ready to hang floral painting. All levels are welcomed. Instructor will provide supplies for a \$12 supply fee. Instructor: Rebecca Rousseau (1 session)

Pullen Arts Center – Course Fee: \$35
#167170 Feb 7 Sa 10:30am-2:30pm

Painting – Impressionistic Landscapes

Age: 16yrs and up. The students will learn and use the Impressionist's palette and soft application of paint to create colorful landscapes. Acrylic paint will be used to express your artistic vision and to represent your favorite landscape. You will learn color mixing, choosing colors that work well

together, paint application methods, creating texture, and other basic painting techniques that will aid in making fun and exciting paintings. By the end of this class you will have developed a one-of-a-kind completed work of art that will be ready to display. \$12 supply fee. Instructor: Rebecca Rousseau (1 session)

Pullen Arts Center – Course Fee: \$35
#167169 Mar 14 Sa 10:30am-2:30pm

Painting – Introduction to Oils

Age: 16yrs and up. Join artist and instructor Leslie Pruneau, for an informative and highly structured oil painting class. This course is for the beginner or anyone wanting to refresh themselves in this sumptuous medium. We will cover all the basics from color mixing, color values, composition, glazing, brushwork and paint applications, textures and more. We will mostly work from life which gives the student more visual information when learning to paint lights, shadows and color tones. Several different approaches will be discussed through lecture, live demonstrations, as well as books and images of master works. Supply list available upon registration and on Sertoma's homepage. Leslie Pruneau instructs.

Sertoma Arts Center – Course Fee: \$84
#165871 Jan 15-Feb 19 Th 1:00-3:30pm

Painting – Larry Dean's Beginning Acrylics

Age: 16yrs and up. A true beginner's class. This basic class offers students a gentle introduction to acrylic painting or a reintroduction to basic concepts, with a focus on getting started. Students will work from their own photos, from life using simple still-life arrangements, or their imagination. Students will learn about materials, color mixing, shape, and perspective. Informal lessons, paint along demonstrations will assist as you learn at your own pace. Instructor: Larry Dean. Supply lists are available on Sertoma's home page.

Sertoma Arts Center – Course Fee: \$84
#167032 Jan 12-Feb 23 M 6:30-9:00pm
no class Jan 19
#167033 Mar 9-Apr 13 M 6:30-9:00pm

Painting – Larry Dean's Studio

Age: 16yrs and up. Students have usually taken a beginning class. Students will work on projects of their own choice. They may also bring works in progress. Instructions will include more about color mixing, shape, and perspective. Informal advice will assist as you learn at your own pace. Subjects covered range from selecting a subject to varnishing the finished work. Instructor: Larry Dean. Supply lists are available on Sertoma's home page.

Sertoma Arts Center – Course Fee: \$84
#167034 Jan 13-Feb 17 T 1:00-3:30pm
#167036 Mar 10-Apr 14 T 1:00-3:30pm
#167038 Jan 13-Feb 17 T 6:30-9:00pm
#167039 Mar 10-Apr 14 T 6:30-9:00pm

Painting – Mixed Media Abstracts

Age: 16yrs and up. In this class you'll learn what makes an abstract painting work. We'll study combining colors, mixing colors, and basic color theory. Then we'll be using other media on the acrylic painting to create textures and interesting effects. Rice paper, cardboard, sand, acrylic mediums, and all kinds of surprise items can be added to an abstract painting for a powerful effect. This is a fun and exploratory class. Feel free to bring any items you might like to add to your paintings. All levels are welcomed. A supply fee of \$12 is due at the start of class. Instructor: Rebecca Rousseau (1 session)

Pullen Arts Center – Course Fee: \$35
#167156 Apr 18 Sa 10:30am-2:30pm

Painting – Oils: A Continuation

Age: 16yrs and up. This class is for anyone who has had prior experience working with oils or who has completed a beginning oils painting class and wants to further their techniques. By pushing your use of values, refining compositions and exploring structured color choices, your paintings will be taken a step further. In search for the luminescent qualities of light, or a play with your paint applications, the artist will often exaggerate their colors and use them to engage their viewers. Individual critiques, 'mini-challenges', and painting demonstrations will be offered. Students bring their own supplies. Leslie Pruneau instructs.

Sertoma Arts Center – Course Fee: \$84
#165873 Mar 12-Apr 16 Th 1:00-3:30pm

Painting – Open Studio

Age: 16yrs and up. This is an uninstructed open studio environment where students work on their own projects. Students may paint in oils, acrylics or watercolors. Bring a subject to paint if you wish. Students provide their own materials. (4 sessions).

Pullen Arts Center – Course Fee: \$31
#168277 Jan 12-Feb 9 M 9:30am12:30pm
#168278 Feb 16-Mar 9 M 9:30am12:30pm
#168279 Mar 16-Apr 6 M 9:30am12:30pm
#168281 Apr 13-May 4 M 9:30am12:30pm

Painting – Recycled Portfolio

Age: 16yrs and up. Every artist knows that a studio clutters up FAST. Bring in forgotten drawings, rip old paintings off their frames, gather other people's junk from the street, and finally put that bag full of magazine clippings to use. Revisiting old work will help students point out their strengths and weaknesses and how their practice has evolved. We will focus on collage and assemblage in this two-day workshop where anything goes! In progress critiques will open up the floor for discussion. Supply list included on receipt. Instructor: Melissa Roth (2 sessions)

Pullen Arts Center – Course Fee: \$50
#167663 Jan 31-Feb 1 Sa-Su 1:30-4:30pm

Painting – Watercolor II, Achieving the Next Level

Age: 16yrs and up. Intermediate and advanced students will refine and learn new brush skills to allow them to paint with confidence, achieve glowing colors and rich darks. Three major styles of developing a watercolor painting—Quick Sketch, Layered Approach and Sectional Development—will be explored and practiced. Methods of developing a successful painting with consideration of composition, developing the space, value, light and shadow, and atmosphere will be discussed. Abstract painting will be used to develop gestural brush strokes, looser style and methods of mixing colors on the paper. Students will be encouraged to identify skills they want to work on and given assistance with problem areas. Students provide their own supplies. Supply list included. Instructor: Rick Bennett (6 sessions).

Pullen Arts Center – Course Fee: \$85
#167140 Apr 16-May 21 Th 7:00-9:30pm

Painting – Workshop: All About Watercolor

Age: 15yrs and up. Watercolor is misunderstood! This portable medium is a beautiful way to learn about light, the relationships of color and the basic elements of painting. In this tried and true workshop, you'll work on a small scale, absorbing an amazing amount of information in a series of fun, progressive exercises. Suzanne's teaching method is engaging and encouraging. This workshop is designed for absolute beginners and for experienced artists who want to learn about watercolor in a refreshingly different way. Expand your understanding and mark-making! Imperfection welcome. No experience necessary, but recommend taking the Basic Drawing Workshop first. Suzanne loves introducing beginners to the basics of this master's medium. Supplies included. Suzanne McDermott instructs.

Sertoma Arts Center – Course Fee: \$60
#166765 Feb 14 Sa 10:00am-1:00pm

Painting – Workshop: Color Mixing for Acrylics and Oils

Age: 15yrs and up. Understand the principles of color: hue, value and intensity. Learn how to change the colors that come from the tube to suit your needs and how to create hundreds of colors including black from three basic colors. These principles apply to both oil and acrylic paints. There will be an hour break for lunch. Supply list available on Sertoma's homepage. Leatha Koefler instructs.

Sertoma Arts Center – Course Fee: \$55
#166494 Apr 25 Sa 10:00am-4:00pm

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Painting – Workshop: Depicting Water

Age: 16yrs and up. This workshop is dedicated to the realistic depiction of water, focusing on the water droplet. Properties of water, such as fluidity, transparency, reflection, and refraction make it altogether beautiful, but perplexing subject matter. Students will learn about these properties through a brief lecture and apply various painting techniques to capture the essence of water droplets on plant life. This workshop is open to artists working in any 2D medium. Students will need to bring whatever supplies are needed to create quick study sketches and one final image in their chosen medium. They should also bring an empty plastic bottle (water, soda, etc.), an empty spray bottle, and a blanket or fold-out chair as we will be outside. Katya Harris instructs.
Sertoma Arts Center – Course Fee: \$40
#166781 Mar 2 M 1:00-4:00pm

Paper – Cards of All Kinds

Age: 16yrs and up. Learn how to make your own cards. Techniques such as iris folding, pop ups, and cuts outs will be taught. Please bring any nice papers or elements you wish to incorporate. Supply fee of \$10. Instructor: Jennifer Mahaffey (2 sessions)
Pullen Arts Center – Course Fee: \$35
#167652 Mar 24-26 T,Th 7:00-9:00pm

Photography – 20 Top Secrets of Professional Photographers

Age: 15yrs and up. For years, professional digital photographers have been using techniques to get beautiful, timeless images for clients. There are twenty important practices that help professional photographers consistently get great images. You can shoot like a pro after this compact and organized discussion. Bring your digital camera equipment. Instructor: Shaun King. You must pre-register for this course as day of registrations cannot be taken at Eastgate Park.
Eastgate Park – Course Fee: \$43
#165243 Jan 17 Sa 9:00am-12:00pm
#165244 Mar 7 Sa 9:00am-12:00pm
#165245 Apr 18 Sa 9:00am-12:00pm

Photography – Beginning Photography: Outdoor and Nature

Age: 14yrs and up. Did you get that new camera as a present and are confused about all those buttons along with the interaction of f-stop, shutter speed, white balance, ISO and the like? This class will help clear up those thoughts and allow you to take your camera off of automatic and take the shot you want rather than what the camera thinks you want. We will also talk about equipment, composition, things to do in the field, how to compensate for those items that fool automatic light meter and changing light conditions that occur outdoors. Bring your camera (any model). Sol Levine instructs.
Sertoma Arts Center – Course Fee: \$90
#165874 Feb 10-24 T 6:30-9:00pm

Photography – The Fine Art of Fine Art Photography

Age: 16yrs and up. This will be a six week course covering the aesthetics and techniques of digital photography. We will discuss the differences between a snapshot and a fine art image and how you get from one to the other. We will cover such topics as previsualization, following the light, composition, camera settings and equipment, work flow and post processing. Anyone with a digital camera will be able to utilize this course instruction to help them become a better photographer. Bring your digital camera and camera manual to class. Instructor: Barbara Blaisdell (6 sessions)
Pullen Arts Center – Course Fee: \$75
#167682 Feb 9-Mar 16 M 6:30-9:00pm

Photography Group Discussions and Evaluation

Age: 15yrs and up. Becoming a better photographer means analyzing the photographs we capture. This workshop allows us to discuss the problems and solutions to getting the best images possible. We will bring our best images together to discuss what works, but we will also share photographs that are not successful, with the goal of helping each other learn how to achieve our best possible image making. Bring your digital camera equipment and digital copies or print copies of your relevant images. Professional photographer Shaun King instructs. You must pre-register for this class as day of registrations cannot be taken at Eastgate Park.
Eastgate Park – Course Fee: \$43
#165246 Feb 21 Sa 9:00am-12:00pm
#165247 Apr 4 Sa 9:00am-12:00pm

Photography – Creative Portrait Lighting

Age: 15yrs and up. Good lighting for portraits is a creative act of style. But good lighting is not always identical for every scene and subject. In this workshop we will discuss and work hands-on with some of the trendiest lighting equipment and techniques to create the mood and energy that our photographs deserve. This class is taught by Shawn King at Eastgate Park Center.
Eastgate Park – Course Fee: \$43
#166266 Mar 21 Sa 10:00am-12:00pm

Pottery – A Balance of Ornament and Utility with A Blair Clemo

Age: 16yrs and up. Join us for a full day of demonstrations as we welcome potter A. Blair Clemo to Pullen Arts Center. Clemo's work is made from both wheel-thrown and press molded pieces combined into utilitarian forms. Each piece is a balance between ornament and utility or as he puts it 'sincerity and irony.' They are sincere in their careful craft and potential for use, yet their assertion of material value and wealth is as transitory and uncertain as our own

status in an unsteady world. Clemo is a potter and Assistant Professor of Craft and Material Studies at Virginia Commonwealth University in Richmond, VA. He received his MFA in Ceramics at Alfred University. He has been an artist in residence at The Northern Clay Center in Minneapolis, MN, the Da Wang Culture Highland in Shenzhen, China, the Zentrum fur Keramik in Berlin, Germany and The International Ceramics Studio in Kecskemet, Hungary. Students of all levels are welcomed. Instructor: A Blair Clemo (1 Session)

Pullen Arts Center – Course Fee: \$95
#167112 Feb 7 Sa 9:00am-4:00pm

Pottery – Basic Sculpture Technique

Age: 16yrs and up. Animal, vegetable, mineral? In this class, we will learn different methods for designing and building small and large scale sculpture. Animals for the garden, whimsical figures or abstract forms, we will learn some fundamental methods for establishing strong three dimensional forms. Demonstrations will include using templates and molds to develop shapes, coil and slab construction techniques, and adding finishing details like pants, fins and feathers. Bring your design ideas to the first class! All are welcome who have taken beginning handbuilding at Pullen or Sertoma. Supply fee of \$20 due at the first class. Instructor: Jennifer Stas

Pullen Arts Center – Course Fee: \$91
#166307 Mar 11-Apr 22 W 7:00-9:30pm

Pottery – Beginning and Continuing Wheel

Age: 16yrs and up. Beginning Wheel is one of our most popular classes! Demonstrations will focus on the fundamentals of basic wheel thrown pottery. Projects will teach skills such as wedging, sticking and centering clay on the wheel, use of throwing tools, along with basic glazing techniques. Instructors offer individual attention as skill progression is unique to each person. In Continuing Wheel, learn how to apply confidence and steadiness to your work with clay. Cylinders, bowls, small lidded pieces, small plates and handles will be covered. For Beginning and Continuing Wheel, a supply fee of approx. \$20 for clay will be due at first class. Practice time outside of class time is strongly suggested to develop throwing skills. Instructors: Sherry Nicholson, Doug DeBastiani, Anne Terry, or Ryan Terry (7 sessions).

Pullen Arts Center – Course Fee: \$91

Beginning Wheel

#167114 Jan 14-Feb 25 W 7:00-9:30pm
#167115 Jan 22-Mar 5 Th 7:00-9:30pm
#167116 Feb 4-Mar 18 W 9:30am-12:00pm
#167117 Feb 16-Mar 30 M 7:00-9:30pm
#167118 Mar 17-Apr 28 T 7:00-9:30pm

Continuing Wheel

#167119 Mar 11-Apr 22 W 7:00-9:30pm

Pottery – Brush Making Workshop

Age: 16yrs and up. Learn to make beautiful and functional natural brushes out of bamboo and deer, moose or elk hair. Each brush will be original and make its own unique line character. Various methods of using these brushes and basic brushwork exercises will be discussed. This workshop is open to all potters, however it does not qualify potters who are new to Sertoma for a studio card. Bring \$6 to class to cover brush making materials. Randy Hinson instructs.

Sertoma Arts Center – Course Fee: \$30
#168126 Feb 22 Su 1:00-4:30pm

Pottery – Continuing Wheel: Mastering the Cylinder

Age: 16yrs and up. In this continuing wheel class, we'll focus on cylinders—tall, narrow pieces. Our goal will be for each student to improve and develop control of the clay. We'll make vases, jars, and drinking vessels, while taking the next step to refine our throwing skills. Supply fee of \$20 for clay. Prerequisite: Beginning Wheel at Pullen or Sertoma. Instructor: Geoff Lloyd (7 sessions)

Pullen Arts Center – Course Fee: \$91
#167081 Jan 20-Mar 3 T 7:00-9:30pm

Pottery – Exploring Bowls Form and Function

Age: 16yrs and up. Students will learn to make a wide variety of bowls; big and small, wide and tall, with particular attention to executing forms best suited for their intended use. We will consider all aspects of shape; height, depth, width of top and bottom, type of rim, handles, spouts, and more. Participants will see demonstrations of at least two different bowls each class and will have the remainder of class to practice what they have learned with the instructor's assistance. Prerequisite beginner wheel at Sertoma or Pullen Arts Centers. Geoff Lloyd instructs.

Sertoma Arts Center – Course Fee: \$91
#168119 Feb 19-Apr 2 Th 9:30am-12:00pm

Pottery – Handbuilding: Beginning

Age: 16yrs and up. This class explores techniques including pinching, coils and slabs, including an overview of ceramic materials and glazing. Classes provide demonstrations and individual work time with instructor guidance. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. New students may not miss more than 2 classes and must attend the first class and the glazing class (approx. 5 week), in order to qualify for a studio card. Students will purchase materials at first class (approx. \$42). All skill levels welcome! Tim Cherry instructs Tuesdays. Steve Karloski instructs Thursdays.

Sertoma Arts Center – Course Fee: \$95
#168121 Jan 20-Mar 3 T 9:30-11:45am
#168120 Jan 22-Mar 5 Th 7:00-9:15pm

Pottery – Handbuilt Pottery

Age: 16yrs and up. Expand your possibilities with clay! If you can imagine it, you can build it with clay! In Intro to Handbuilding, we will cover the basics of hand building with clay. We will talk about the entire process of working with clay, from creating a piece to glazing and firing it. Course will include an introduction to the slab roller and other hand building tools. In Continuing Handbuilding, we will build upon the skills learned in the Intro class, exploring methods of stiff slab construction, assemblage of parts and using the extruder to explore the possibilities of form and function in handbuilding. Demonstrations will also include handbuilding components like handles, feet, and spouts. We'll finish with tips and secrets for the embellishment and glazing of your pieces. A supply fee of \$20 for clay will be due at the first class meeting. Instructors: Tim Cherry or Lauren Brockman. (7 sessions)

Pullen Arts Center

Course Fee: \$91

Intro to Handbuilding

#167082 Jan 22-Mar 5 Th 10:00am-12:30pm
#167083 Jan 26-Mar 9 M 7:00-9:30pm

Continuing Handbuilding

#167084 Mar 19-Apr 30 Th 10:00am-12:30pm
#167085 Mar 23-May 4 M 7:00-9:30pm

Pottery – Handbuilt Teapots and Pitchers

Age: 16yrs and up. With teapots and pitchers as a focus, we will practice techniques combining multiple molds to build one large piece. Prerequisite Beginning Handbuilding at Pullen or Sertoma. Supply fee of \$20 for clay will be due at the first class. Instructor: Tim Cherry (4 sessions)

Pullen Arts Center – Course Fee: \$56

#168213 Mar 16-20 M-W,F 10:00am-12:30pm

Pottery – Handbuilt Yard Ornaments

Age: 16yrs and up. Small totems, masks, and more! We'll make a variety of handbuilt yard art in preparation for spring. Prerequisite: Beginning Handbuilding at Pullen Arts Center. A supply fee of \$20 for clay will be due at the first class. Instructor: Anne Terry (5 sessions)

Pullen Arts Center – Course Fee: \$68

#168275 Jan 12-16 M-F 10:00am-12:30pm

Pottery – Introduction to Majolica

Age: 16yrs and up. Developed in the Middle East during the 9th century and made famous by Italian artisans, majolica is earthenware pottery with a white opaque glaze decorated with ceramic colorants brushed on top of the raw, unfired glaze. The glaze is formulated to be viscous which restricts the flow and movement of the glaze retaining most of the line quality of the decoration. In this class we will examine historical aspects, designs of majolica and explore the process using commercial glazes and majolica colors making the techniques easy. Formulas for mixing your

own majolica glazes/colors will be provided and discussed. If you like bright colors and painting designs on pottery, this class is for you. Prerequisite: Beginner Handbuilding or Throwing class at Sertoma or Pullen or equivalent. New students to Sertoma must attend a brief studio safety/orientation session at 9:00am on the first class date. You will make work in class—this is not a beginner class. Students pay glaze and color fee of \$45 at the first class. Randy Hinson instructs

Sertoma Arts Center – Course Fee: \$65

#168124 Jan 23-Feb 20 F 9:30am-11:45pm
no class Feb 6

Pottery – Making Colanders

Age: 16yrs and up. Ever wonder how to make all those holes in neat patterns? This one day class will teach techniques for making colanders. Bring as many leather hard, trimmed bowls as you would like and we will turn them into beautiful colanders. Prerequisite beginner wheel at Sertoma or Pullen. Instructor: Lauren Brockman.

Sertoma Arts Center – Course Fee: \$48

#168117 Jan 22 Th 9:30am-3:30pm

Pottery – Making Lids

Age: 16yrs and up. Let's talk lids. This class will explore various ways of making lids and the advantages of certain types of lids based on the form and function of the pot. Intended for continuing wheel students who want to spend a class focused solely on this important skill. Prerequisite beginner wheel at Sertoma or Pullen with fairly good throwing skills. Instructor: Lauren Brockman.

Sertoma Arts Center – Course Fee: \$48

#168118 Apr 23-30 Th 9:30am-12:30pm

Pottery – Mold Making

Age: 16yrs and up. For those interested in constructing their own molds for pottery making, this class is for you. Ever wanted a shape that was not available at the Art Center? Or had to wait in line for the most popular molds to be free? Now you can have your own. We will learn how to make the many types of molds used in the studio, including slump/hump molds, sling molds, piece molds, and bisque molds. Additionally, instruction will be given on how to effectively use your molds to create multiples of the pots or sculptures you design. Class time will be spent discussing design aspects of making successful and sturdy molds that will endure heavy use, and techniques for making molds of almost anything. Demonstrations will include the building of various molds as well as methods used in preparing for and pouring plaster. All who have taken beginning handbuilding or wheel at Pullen or Sertoma are welcome. Supply fee of \$20 due at the first class meeting. Instructor: Jennifer Stas (7 sessions)

Pullen Arts Center – Course Fee: \$91

#167080 Jan 14-Feb 25 W 7:00-9:30pm

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Pottery – More Majolica Techniques

Age: 16yrs and up. This class is the next step after Introduction to Majolica. Techniques include glazing with traditional and altered majolica glazes and mixing color stains to obtain a usable and more varied palette. Decorating techniques covered include layered colors, on-surface dry and wet color blending and sgraffito. Formulas for mixing your own majolica glazes and colors will also be provided and discussed. Students must have red earthenware pieces bisque fired, waxed and ready to glaze before first class session. Prerequisite: Introduction to Majolica at Sertoma. Students pay glaze and color fee of \$15 at the first class. Randy Hinson instructs.

Sertoma Arts Center – Course Fee: \$65
#168125 Mar 27-May 1 F 9:30am-12:30pm
no class Apr 3 and 17

Pottery – Penland School of Crafts Day Trip

Age: 16yrs and up. Join us for a full day of exploring the Penland School of Crafts and nearby pottery studios! Our bus will leave Pullen Arts Center at 6am with a light breakfast on the bus. When we arrive, we will start our morning with a guided tour of Penland, including the pottery studio and gallery. The Penland campus is very beautiful and also very hilly so wear comfortable shoes and be prepared for inclement weather as much of the tour will be outdoors. After lunch at the Penland Coffee House, we will visit the studios of professional potters Jane Peiser, Cynthia Bringle and Nick Joerling. Before returning home, we will have a sit down meal in Spruce Pine, NC. Our bus will arrive back at Pullen Arts around 10pm. Breakfast and lunch are included in the cost of the trip; dinner is on your own.

Pullen Arts Center – Course Fee: \$75
#167111 Apr 25 Sa 6:00am-10:00pm

Pottery – Sertoma Handbuilding: Continuing

Age: 16yrs and up. Through a combination of demonstrations and individual work time, students will further develop their handbuilding skills while making distinctive pieces including planters, unique boxes and tile. The variety of construction techniques used will include soft slabs, stiff slabs, and coils. Students will learn to add flair and professionalism to their pieces by adding finishing touches such as feet and handles. This class will also help individuals develop and express their own unique style through clay! Prerequisite: Beginning Handbuilding class at Sertoma or Pullen Arts or comparable experience. Students who are new to Sertoma must attend the first class which covers safety and studio orientation as well as the glazing class (approx 5th class) in order to qualify for a studio card.

Tim Cherry instructs Tuesdays. Steve Karloski instructs Thursdays.

Sertoma Arts Center – Course Fee: \$95
#168123 Mar 24-May 5 T 9:30-11:45am
#168122 Mar 26-May 7 Th 7:00-9:15pm

Pottery – Studio Orientation-Qualified Pullen Potters

Age: 16yrs and up. Sertoma Arts Center Pottery Studio Orientation is for Qualified Pullen Art Center Potters ONLY who wish to use Sertoma's Clay Studio. Once registered Sertoma Arts Center will confirm with Pullen Arts Center that you are a qualified pottery patron. If you are qualified and you need to renew your studio card you may do so at Sertoma the day of orientation. We will offer these orientations each session. For further questions please call 919-996-2329

Sertoma Arts Center – Course Fee: \$25
#168558 Mar 11 W 7:00-8:00pm
#168559 Apr 8 W 7:00-8:00pm

Pottery – Throwing Cheats and Fixes

Age: 16yrs and up. In this class, we'll cover how to get past some typical bumps in the road when learning to throw. We'll present some techniques for overcoming hurdles in centering, opening, and pulling pots. Must be currently enrolled in any pottery class at Pullen or Sertoma or have current studio card. This class does not qualify the participant for a studio card. Instructor: Lauren Brockman (1 session)

Pullen Arts Center – Course Fee: \$15
#168247 Feb 14 Sa 9:30-11:30am
#168250 Mar 19 Th 7:00-9:00pm

Pottery – Throwing Multiples

Age: 16yrs and up. Interested in making sets? In this class we'll cover techniques that will help the intermediate potter successfully throw multiples of the same shape and size. Practice outside of class time is strongly encouraged. Supply fee of \$20 due at first class. Instructor: Lauren Brockman (4 sessions)

Pullen Arts Center – Course Fee: \$55
#167120 Apr 8-29 W 10:00am-12:30pm

Pottery – Wheel Throwing Continuing

Age: 16yrs and up. This class is designed for those who have taken beginner wheel and need further refinement in basic throwing skills in order to progress to more challenging levels. It also serves as a 'refresher' course for students who have previously taken throwing classes and have not thrown for some time. Class includes studio and safety orientation which is necessary to qualify students for a studio card. Experienced potters who are new to Sertoma are welcome. This is a 7-week class. Joan Walsh instructs nights. Tina Granville instructs days.

Sertoma Arts Center – Course Fee: \$95
#168115 Mar 25-May 13 W 7:00-9:15pm
no class Apr 8
#168116 Apr 1-May 13 W 9:30-11:45am

Pottery – Wheel Throwing: Beginner

Age: 16yrs and up. This course introduces students to the basics of 'throwing' pottery, provides them with an understanding of ceramic terms, processes, and knowledge needed to use the pottery studio safely and independently. Topics include centering clay, throwing basic forms, handles, and glazing. Sessions include demonstrations and practice time under the guidance of the instructor. Students are encouraged to practice between class sessions and have free access to Sertoma's well-equipped studio. New students may miss no more than 2 classes and must attend the first class and the glazing class (approx. 6th week), in order to qualify for a studio card. Purchase materials at first class (approx. \$40). This is a 7-week class. Joan Walsh instructs nights. Tina Granville instructs days.

Sertoma Arts Center – Course Fee: \$95
#168113 Jan 21-Mar 4 W 7:00-9:15pm
#168114 Jan 21-Mar 4 W 9:30-11:45am

Pottery – Royce Yoder Workshop

Age: 16yrs and up. Royce Yoder is known for his functional stoneware and is shown in galleries all across the United States. This weekend, demonstration only workshop will focus on Royce's skills as a production potter, covering aspects such as throwing techniques, glazing, working schedules, shipping pottery and working with galleries. Royce lives in Lederach, Pennsylvania and has been a full-time production potter for over 30 years.

Sertoma Arts Center – Course Fee: \$160
#168127 Apr 18-19 Sa-Su 9:30am-4:30pm

Printmaking – Continuing Waterless Lithography

Age: 16yrs and up. This continuation class will expand on the skills learned in basic waterless lithography. Students will create multi-colored original prints, and will experiment with photo-transfers, chin colle, stencils, various printing papers, mixing of colored inks and varied inking techniques. Representational and non-representational images will be accommodated. Please bring drawings or ideas that will fit on a 5 x 7 plate to first class. Supply fee of \$25 due to instructor at first class. Students may bring some additional supplies; supply list prints on receipt. Instructor: Susan Soper (6 sessions).

Pullen Arts Center – Course Fee: \$80
#167687 Mar 24-Apr 28 T 9:30am-12:30pm

Printmaking – Introduction

Age: 16yrs and up. Learn the printmaking techniques of intaglio, collagraph, monotype, and relief to print your own greeting cards, posters, and linoleum block prints. Use the Pullen Arts Center's Whelan printing press to pull your one of a kind or series of prints. We will study different registration methods, ink choices, techniques

to add color, and how to pull the perfect print! Supply list provided. Approx. \$30-\$50 for supplies. Instructor: Keith Norval (6 sessions)

Pullen Arts Center – Course Fee: \$70
#167171 Jan 8-Feb 5 Th 7:00-9:30pm

Printmaking – Introduction to Japanese Block Printing

Age: 16yrs and up. Have you ever wondered how Hokusai created his iconic 'Great Wave'? Celebrate the coming Spring by immersing yourself in a carefully condensed process of creating this ancient art form in which nature is a collaborator. We will begin by transforming Thai bark fibers into beautifully translucent and strong papers perfect for the two-layer carved block printing process we will use to create our own images of the surrounding park. Students will be familiarized with creating editions and artist proofs. Supplies will be provided by instructor. Supply fee of \$50 will be collected on the first day of class. Instructor: Jaclyn Bowie (6 sessions)

Pullen Arts Center – Course Fee: \$85
#167106 Mar 17-Apr 21 T 6:30-9:00pm

Printmaking – Nothing But Linocuts

Age: 16yrs and up. In this class we will focus on carving and printing un-mounted linoleum blocks using the Whelan X-Press press. We will study single block, multiple block and reduction block printmaking as well as inking, printing and registration techniques for linoleum. Bring linoleum, paper and tools to the first class and be prepared to dig in and carve. All skill levels welcome. Instructor: Keith Norval (6 sessions)

Pullen Arts Center – Course Fee: \$70
#167173 Apr 9-May 7 Th 7:00-9:30pm

Printmaking – Screen Print

Age: 16yrs and up. If you want to make your own t-shirts, this is the class for you. Get your screens, ink and squeegee ready. We will cover applying emulsion, exposing the screen and printing techniques. Supply list provided. Instructor: Keith Norval (6 sessions)

Pullen Arts Center – Course Fee: \$70
#167172 Feb 19-Mar 19 Th 7:00-9:30pm

Printmaking – Waterless Lithography

Age: 16yrs and up. Whether you love to paint, draw, or are just getting into art, beginning waterless lithography is for you! Using this safe printmaking method, students will experiment with black and white as well as multi-colors with this exciting process. You will learn how to create washes, transfers, sharpie and pencil work on aluminum plates to create your own original prints. Representational and non representational images will be accommodated. Finished prints can later be incorporated in other mixed media work or can stand on their own. Supply fee of

\$25 due to instructor at first class meeting. Students will be asked to bring some supplies to first class (supply list included with receipt). Students should bring ideas/ drawings for a 5x7 plate to the first class. Instructor: Susan Soper (6 sessions)

Pullen Arts Center – Course Fee: \$80
#167183 Feb 3-Mar 10 T 6:30-9:30pm

Sculpture – Beginning Sculpting

Age: 16yrs and up. In this beginning sculpting class, we will focus on sculpting simple but dynamic animals. A strong emphasis will be placed on achieving interesting and strong forms with minimal detail. Students will work with air dry clay. A supply fee of \$20 will be due at the first class. This class does not qualify students for a Pottery Studio Participation Card.

Instructor: Nadjib Assani (5 sessions)
Pullen Arts Center – Course Fee: \$80
#168343 Mar 25-Apr 22 W 7:00-9:00pm

SEW Easy

Age: 18yrs and up. In the class you will learn the basic skills on a sewing machine. You will also learn a simple technique on how to use patterns. You will leave this course with a garment and further knowledge of how to use a sewing machine. This is a beginner level course, no experience necessary. Please call the center for a supply list and a detailed course description.

Pullen Community Center – Course Fee: \$50
#167264 Mar 2-23 M 6:00-8:00pm

Sewing: 101

Age: 18yrs and up. In this class you will complete an item of your choice. You will select a pattern, fabric and notions. Some knowledge of sewing required. Class cost does not include materials.

Biltmore Hills Community Center – Course Fee: \$40
#167579 Mar 7-28 Sa 10:00am-12:00pm

Sewing: For Beginners

Age: 18yrs and up. Sewing lessons for beginners that want to learn how to read a pattern, select fabric and knowledge of sewing machines. Class cost does not include material.

Biltmore Hills Community Center – Course Fee: \$30
#167580 Feb 7-28 Sa 11:00am-12:00pm

SIY: Sew it Yourself

Age: 18yrs and up. This class will equip you with the skills to do the following: save money by altering old clothes, repair holes/ rips in clothing, and the basics of quilting. You will also learn DIY tips that you will not find on Pinterest. No previous sewing experience is needed to take this class. Please call the center for a supply list and detailed class description.

Pullen Community Center – Course Fee: \$60
#167268 Jan 6-27 T 6:00-8:00pm

Social Dancing Survival – A Partner Dance Sampler

Age: 16yrs and up. Dancing is one the best exercises for body, mind and soul. But what to do when the music starts? A seasoned dancer/teacher leads you through the basics so that you can be the Belle of the Ball or the Dapper Dancing Dude. Salsa, Swing, Waltz, Foxtrot, Slow Dance and more, depending on the group's preference. Each class includes practice time to seal in those newly acquired steps. No experience or partner necessary—just a desire for fun. Stick with it and you, too, can dance like a star! Slick or suede-bottomed shoes recommended. Class meets at Brentwood Neighborhood Center (3315 Vinson Court, 27604).

Brentwood Park – Course Fee: \$75
#165407 Jan 8-Feb 26 Th 6:30-7:30pm
#165408 Mar 12-Apr 30 Th 6:30-7:30pm

Senior

Acrylic Painting

Age: 50yrs and up. This class is for those who want to be introduced to acrylic painting and those who want to continue to expand their painting experience. Students will be given a materials list to purchase on their own.

Five Points Center for Active Adults
Course Fee: \$20

Acrylic Painting for Beginners
#165198 Jan 7-Apr 29 W 12:30-3:00pm
#165199 Jan 5-Apr 27 M 10:30am-1:30pm

Ballroom Dance – Wednesday Club

Age: 50yrs and up. Calling all adults ages 50 and up. Do you need a date night? Want to get out of the house and connect with old friends and make new ones? You are invited to join the Pullen Park Wednesday Night Dance Club at Pullen Community Center. This club meets every Wednesday night to enjoy and dance to live ballroom music. Some of the popular tunes played are foxtrot, waltz, swing, and latin. \$8 per person/per week.

Pullen Community Center – Course Fee: \$60
#167219 Jan 7-28 W 7:00-9:30pm
#167220 Feb 4-25 W 7:00-9:30pm
#167221 Mar 4-25 W 7:00-9:30pm
#167222 Apr 1-29 W 7:00-9:30pm

Basic Quilting

Age: All Ages. This nine week basic beginners class is now available. In this class you will learn how to assemble basic blocks of material and create a beautiful hand quilt. You will be able to gain the skills to continue to create more quilts on your own or be a part of an ongoing quilters club. For more information please call us at 919-996-4720. A supply list will be provided upon registration.

Anne Gordon Center for Active Adults
Course Fee: \$10
#167925 Jan 26-Mar 9 M 1:00-4:00pm

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Ceramics Basics – Painting Greenware

Age: All Ages. This class introduces students to painting greenware to create beautiful pieces. Students will be given a supply list to purchase necessary materials on their own. Instructor: Ann Long.

Five Points Center for Active Adults

#165279 Jan 7-Apr 15 W 9:30am-12:00pm

Greystone Blanketeers

Age: 16yrs and up. Knit, Crochet, Sew or Quilt for charity. We meet the 4th Tuesday of the month from 1pm-4pm at Greystone Recreation Center (7713-55 Lead Mine Rd). We make blankets, hats and afghans for various charitable organizations in the Raleigh area. Items are distributed to women's shelters, local hospitals, and homeless groups. Come join us, meet new people and help bring a little joy to those in need. We do not offer lessons but all members gladly share their knowledge. For those who cannot attend but wish to make items at home, all are gladly accepted. For more information contact Betty Boucher at (919) 251-9120.

Greystone Community Center

#168742 Jan 27-Apr 28 T 1:00-4:00pm

Joyful Chorus

Age: 55yrs and up. Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for various clubs, organizations, groups, and events.

Five Points Center for Active Adults

#165372 Jan 12-May 4 M 12:00-1:00pm

Knitting and Crocheting

Age: All Ages. This class is for knitters and crocheters of all levels. Learn basic and new techniques and work on your projects as you socialize with others. Instructor Judy Bregler

Anne Gordon Center for Active Adults

Course Fee: \$10

#167796	Jan 6-Feb 24	T	2:00-4:00pm
#167797	Jan 8-Feb 26	Th	2:00-4:00pm
#167798	Mar 3-Apr 21	T	2:00-4:00pm
#167799	Mar 5-Apr 23	Th	2:00-4:00pm



Family

Bow Tie Buddies

Age: 9yrs and up. Come enjoy a winter afternoon inside with your children making bowties and bows. All materials provided for this class and no sewing experience is necessary. Please make sure to register each person from your family individually.

Pullen Community Center – Course Fee: \$25

#167396 Feb 28 Sa 10:30am-2:30pm

Clogging

Age: 8yrs and up. Come on and give clogging a try! Bryan Craddock is an excellent instructor and director of the Hemlock Bluff Cloggers. Partners are not necessary for this class. Line dances as well as traditional figures and steps are taught. Classes are available for beginner and more advanced students.

Jaycee Community Center – Course Fee: \$35

Beginner

#167059	Jan 8-Mar 5	Th	6:00-7:00pm
#167060	Mar 12-Apr 30	Th	6:00-7:00pm
#168869	Jan 8-Mar 5	Th	7:00-8:00pm
#168870	Mar 12-Apr 30	Th	7:00-8:00pm

Clogging – Hemlock Bluff Cloggers Club

Age: 12yrs and up. Are you an advanced clogger? Bryan Craddock is the director of the Hemlock Bluffs Cloggers. The club performs at area functions and events.

Jaycee Community Center

#167014	Jan 8-Mar 5	Th	8:00-9:00pm
#167015	Mar 12-Apr 30	Th	8:00-9:00pm

Dance – Scottish

Age: 12yrs and up. Exercise, socialize, and learn the fundamentals of Scottish country dancing through the Carolina Scottish Dance Society. While experienced dancers are welcomed, beginners are taught basic skills to become competent dancers quickly and easily. Memberships dues are \$1/person/

meeting. No registration necessary. Classes are held at Glen Eden Pilot Park – 1500 Glen Eden Drive.

Glen Eden Park – Course Fee: \$1

#167061	Jan 7-28	W	7:00-10:00pm
#167062	Feb 4-25	W	7:00-10:00pm
#167063	Mar 4-25	W	7:00-10:00pm
#167064	Apr 1-29	W	7:00-10:00pm

Juggling for Genius

Age: 10yrs and up. Come join the only activity that has been proven to increase brain mass. Juggling can actually trigger the non-dominant side of the brain which can make you smarter and able to focus more. This course is a great stress reliever and excellent for students during test taking time.

Method Road Community Center

#168567	Feb 2-23	M	6:30-8:00pm
#168568	Mar 2-30	M	6:30-8:00pm
#168569	Apr 6-27	M	6:30-8:00pm

Mommy and Me Spring Break Sewing Camp

Age: 9yrs and up. Enjoy your child's spring break working together and making aprons that everyone will get to bring home. Moms do not need any sewing experience and everyone will learn the skills needed to make their apron. Please call the center for a supply list and a detailed class description. Note: The mother and children should all be registered separately.

Pullen Community Center – Course Fee: \$20

#167385 Mar 23-26 M-Th 1:30-4:30pm

Spring Egg Decorating

Age: 3yrs and up. Springtime is here again! Join us at Sanderford Road Center to make fun and colorful decorative eggs with your family. Come one come all!

Sanderford Road Park

#167808 Apr 2 Th 5:00-6:00pm

Athletics Teams/ Leagues

City Athletic Director:

Jane Bailey

Athletic Program Managers:

Toni Moyer, Zach Cheek,
and Tory Miller

The Athletics Program is dedicated to providing quality athletic competition, instruction, and participation for youth and adults through camps, clinics, and leagues. The Youth Athletics Program cater to children ages 5-18 that offer numerous benefits from playing in organized sports. Youth

sports, sponsored by the Raleigh Parks Recreation and Cultural Resources, provide the opportunity for boys and girls to learn good sportsmanship and progressively develop skills. The Adult Athletics Program make available a great opportunity to stay active, engage in social interaction and community involvement while providing a safe, fun, family atmosphere. The Raleigh Parks, Recreation and Cultural Resources Department continues to recruit people that are interested in officiating, scorekeeping and coaching for both youth and adult programs.



Athletic Teams/Leagues are not currently available for online registration.

Note that Athletic League registration does not follow the standard registration period. Please visit www.parks.raleighnc.gov for athletic league registration forms. Registration periods and locations are indicated in each program/league description. For additional information please call 919-996-6836

Youth

Lacrosse

Registration is January 12-23. Practices will begin mid-February at Halifax Park, Buffalo Rd Athletic Park and Kiwanis Park. The season will run until mid-May. This program is a city-wide program which will involve some travel for games. Each participant is responsible for providing and wearing all necessary protective equipment. Mandatory equipment for boys includes stick, helmet, mouth guard, gloves, shoulder pads, arm pads and protective cup is recommended. Rib pads are also optional. Mandatory equipment for girls includes mouth guard, stick and protective eye goggles. The registration fee is \$48 for Raleigh Residents and \$63 for Non-Raleigh Residents.

Boys 2nd-4th Grade	#168803
Boys 5th-6th Grade	#168804
Boys 7th-8th Grade	#168805
Girls 2nd-4th Grade	#168806
Girls 5th-8th Grade	#168807

MLB Pitch Hit and Run

Age: 7-14yrs. The City of Raleigh Parks, Recreation and Cultural Resources Department will be hosting a MLB Pitch, Hit and Run event on Saturday, March 14 at Lake Lynn Community Center (7921 Ray Road, 27613). Registration will start at 9:30am. This event is FREE for boys and girls ages 7-14 (age as of July 17, 2015). The Pitch, Hit and Run competition allows children the chance to compete to show off their baseball or softball skills at the 2015 MLB All-Star Game. Boys and girls divide into age groups and compete in; 'PITCH' - Throw strikes to a designated target 'HIT' - Hit from a stationary batting tee for distance and accuracy 'RUN' - Sprint from 2nd base to home plate for time Highest scored champion in each category and age group from local competition advance to the Sectional Competition (date/location TBD). Register onsite March 14; please bring copy of participant's birth certificate. Contact: Chris

Nadeau / 919-870-2911 / chris.nadeau@raleighnc.gov

raleighnc.gov

Lake Lynn Community Center

#167218 Mar 14 Sa 9:30-11:00am

Raleigh Rockets Track Club

Age: 7-14yrs. Interested in track and field? Join your local community center to participate in the newest track and field team! Practices will be held twice a week from 5:30-7:00pm. All participants will have the opportunity to compete in local Track and Field Meet and other meets!

Biltmore Hills Community Center - Course Fee: \$20

#168174 Mar 3-Jun 4 T,Th 5:30-7:00pm

Carolina Pines Community Center - Course Fee: \$20

#168180 Mar 2-May 6 M,W 5:30-7:00pm

Chavis Community Center - Course Fee: \$20

#168178 Mar 3-May 7 T,Th 5:30-7:00pm

Peach Road - Course Fee: \$20

#168179 Mar 3-May 7 T,Th 5:30-7:00pm

Ralph Campbell Community Center - Course Fee: \$20

#168177 Mar 2-May 6 M,W 5:30-7:00pm

Sanderford Road Park - Course Fee: \$20

#168175 Mar 2-Jun 3 M,W 5:30-7:00pm

Sgt. Courtney T. Johnson Center - Course Fee: \$20

#168176 Mar 3-Jun 4 T,Th 5:30-7:00pm

Spring T-Ball (5-6) Baseball

Youth T-Ball (ages 5-6) Baseball registration is February 9-20, 2015. The T-Ball Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does not keep score or record wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2014. For more information please go to: www.raleighnc.gov. The fee is \$36 for Raleigh Residents or \$51 for Non-Raleigh Residents.

District 1 #168418

District 2 #168415

District 3 #168416

District 4 #168417

Spring Pinto (7-8) Baseball

Youth Pinto (ages 7-8) Baseball registration is February 9-20, 2015. The Pinto Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does not keep score or record wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2014. For more information please go to: www.raleighnc.gov. The fee is \$36 for Raleigh Residents or \$51 for Non-Raleigh Residents.

District 1 #168563

District 2 #168564

District 3 #168565

District 4 #168566

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Spring Mini Girls Softball (7-9)

This league is for girls ages 7-9 years old who are looking to learn the basic fundamentals of the sport of softball as well as learn good sportsmanship. Registration will be February 9-20. Cost will be \$36 for Raleigh Residents and \$51 for Non Raleigh Residents. Players age will be determined with an age as of date by August 31, 2014. Practices and games may alternate with several locations through Northeast and possibly Southeast Raleigh sites.
City-Wide #168797

Spring Mustang (9-10) Baseball

Youth Mustang (ages 9-10) Baseball registration is February 9-20, 2015. The Mustang Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2014. For more information please go to: www.raleighnc.gov. The fee is \$36 for Raleigh Residents or \$51 for Non-Raleigh Residents.

District 1 #168640

District 2 #168641

District 3 #168642

District 4 #168643

Spring Girls (10-12) Slow-Pitch Softball

Youth Girls Slow Pitch Softball registration is February 9-20, 2015. The Slow Pitch Softball League is a way for youth to learn the fundamentals of softball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of softball. League Age is determined by participant's age on August 31, 2014. For more information please go to: www.raleighnc.gov. The fee is \$36 for Raleigh Residents or \$51 for Non-Raleigh Residents.

City-Wide #166293

Spring Bronco (11-12) Baseball

Youth Bronco (ages 11-12) Baseball registration is February 9-20, 2015. The Bronco Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2014. For more information please go to: www.raleighnc.gov. The fee is \$36 for Raleigh Residents or \$51 for Non-Raleigh Residents.

District 1 #168419

District 2 #168420

District 3 #168421

District 4 #168422

Spring Pony (13-14) Baseball

Youth Pony (ages 13-14) Baseball registration is February 9-20, 2015. The Pony Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2014. For more information please go to: www.raleighnc.gov. The fee is \$36 for Raleigh Residents or \$51 for Non-Raleigh Residents.

City-Wide Districts 1 and 3 #168808

City-Wide Districts 2 and 4 #168809

Spring Girls (13-16) Fast-Pitch Softball

Youth Girls Fast Pitch Softball registration is February 9-20, 2015. The Fast Pitch Softball League is a way for youth to learn the fundamentals of softball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball or softball, want to teach youth, and to help develop league participants' skills and knowledge of softball. League Age is determined by participant's age on August, 31 2014. For more information please go to: www.raleighnc.gov. The fee is \$36 for Raleigh Residents or \$51 for Non-Raleigh Residents.

City-Wide #166294

Spring Colt (15-18) Baseball

Youth Colt (ages 15-18) Baseball registration is February 9-20, 2015. The Colt Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and

to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August, 31 2014. For more information please go to: www.raleighnc.gov. The fee is \$36 for Raleigh Residents or \$51 for Non-Raleigh Residents. Practice for Colt Baseball will not begin until mid-late May and the season for Colt Baseball will not begin until early June even though registration will be taking place from February 9-20.

City-Wide #168810

Sunshine Hoops Basketball

Age: 10-12yrs. A fun league for boys 10-12 years of age. Participants will learn basketball skills, game strategies, teamwork and sportsmanship through competition. Players must not turn 13 prior to June 1, 2015. Call Roberts Park for additional information at (919) 831-6830.

Roberts Park Community Center – Course Fee: \$30
#168219 Apr 18-Jun 11 Th,Sa 10:00am-1:00pm

Youth Volleyball

Are you looking to BUMP, SET and ROTATE into a new sport? Then sign up for fun with District 1 sponsored youth volleyball. This late summer/early fall league will give participants the opportunity to be introduced, prepare and practice their skills. Registration is February 16-March 1. Registration will remain open, if needed, until league requirements are met, if space is still available. League practices will start in March and games will be played in April and May. League age is determined by the participant's age as of August 31, 2014. Games and practices will be held at Optimist Community Center.

U10 (8-10yrs) #168821

U14 (11-14yrs) #168822

Teen

Biltmore Hills Teen Basketball

Age: 11-15 yrs. These basketball leagues are for player who want to continue developing their skills throughout the Spring. Jerseys will not be provided. Registration will be held March 1-15, 2015.

Biltmore Hills Community Center – Course Fee: \$30

13 and Under

#167934 Apr 6-May 14 M-T,Th 6:00-7:00pm

15 and Under

#167942 Apr 6-May 14 M-T,Th 7:00-8:00pm

RPD Summer Basketball at Method

Age: 13-14yrs. Method Community Center and the Raleigh Police Department in coordination with community centers throughout Raleigh offers youth basketball for ages 13-14 and 15-16 year olds. Registration will be at all city parks March 29-April 12. Each participant must provide a copy of birth verification before registering and must have insurance. League age is determined by the participant's age as of



July 31 of the current year. All games will be played at Method Community Center and practices will be at your local community center. Celebrating 40 years!

Method Road Community Center – Course Fee: \$45				
#168597	Jun 9-Jul 30	T,Th	6:00-10:00pm	
#168598	Jun 8-Jul 29	M,W	6:00-10:00pm	
#168599	Jun 8-Jul 29	M,W	6:00-10:00pm	
#168600	Jun 8-Jul 29	M,W	6:00-10:00pm	
#168601	Jun 9-Jul 30	T,Th	5:00-6:00am	
#168602	Jun 9-Jul 30	T,Th	6:00-10:00pm	
#168603	Jun 8-Jul 29	M,W	6:00-10:00pm	
#168604	Jun 9-Jul 30	T,Th	6:00-10:00pm	
#168605	Jun 8-Jul 29	M,W	6:00-10:00pm	
#168606	Jun 9-Jul 30	T,Th	6:00-10:00pm	
#168607	Jun 10-Aug 3	M,W	6:00-10:00pm	
#168608	Jun 8-Jul 29	M,W	6:00-10:00pm	
#168609	Jun 9-Jul 30	T,Th	7:00-9:00pm	
#168610	Jun 8-Jul 29	M,W	7:00-9:00pm	
#168611	Jun 8-Jul 29	M,W	6:00-9:00pm	
#168612	Jun 9-Jul 30	T,Th	6:00-9:00pm	
#168613	Jun 9-Jul 30	T,Th	6:00-9:00pm	
#168614	Jun 8-Jul 29	M,W	6:00-9:00pm	
#168615	Jun 9-Jul 30	T,Th	6:00-10:00pm	
#168616	Jun 9-Jul 30	T,Th	6:00-10:00pm	
#168617	Jun 8-Jul 29	M,W	6:00-10:00pm	
#168618	Jun 9-Jul 30	T,Th	6:00-10:00pm	
#168619	Jun 9-Jul 30	T,Th	6:00-10:00pm	
#168620	Jun 8-Jul 29	M,W	6:00-10:00pm	
#168621	Jun 9-Jul 30	T,Th	6:00-10:00pm	
#168622	Jun 8-Jul 29	M,W	6:00-10:00pm	
#168623	Jun 8-Jul 29	M,W	5:00-6:00am	
#168624	Jun 9-Jul 30	T,Th	6:00-10:00pm	
#168625	Jun 9-Jul 30	T,Th	6:00-6:30pm	
#168626	Jun 8-10	M,W	6:00-6:30pm	
#168627	Jun 8-Jul 29	M,W	6:00-10:00pm	
#168628	Jun 8-Jul 29	M,W	6:00-10:00pm	
#168629	Jun 9-Jul 30	T,Th	6:00-7:00pm	
#168630	Jun 8-Jul 29	M,W	6:00-10:00pm	
#168631	Jun 9-Jul 30	T,Th	6:00-10:00pm	
#168632	Jun 8-Jul 29	M,W	6:00-10:00pm	
#168633	Jun 9-Jul 30	T,Th	6:00-10:00pm	
#168634	Jun 9-Jul 30	T,Th	6:00-10:00pm	

Adult

Adult Spring Softball

The Athletics Division will be holding registration for Adult Spring Softball from Monday-Thursday, February 23-26 at Walnut Creek Softball Complex, 1201 Sunnybrook Road 27610 (Wheel #1) from 9am-6pm for participants ages 18 and up. Registration will be taken for Men's and Women's Open Leagues, Church and Coed. Registration will be taken by a team fee of \$450 with a Non Raleigh Resident fee of \$24 per player. Plan to begin on March 30. Each team will receive a 12 game season. The tournament will be an additional \$50 per team.

Men's Open	#168793
Women's Open	#168794
Coed	#168795
Church	#168796

30 and over Basketball

Age: 30yrs and up. This is an organized league for adults 30+. Registration is from January 4-18.

Biltmore Hills Community Center – Course Fee: \$300
#167573 Feb 1-Mar 22 Su 3:00-6:00pm

Basketball – Adult Spring League District 3

Age: 21yrs and up. Adult Basketball League! Registration is February 16, 2014 until filled. Teams can only have 12 players on a roster. Play begins the week of March 18 at Method Center and April 6 at Halifax Center. Open Leagues A&B, C&D, Church at Method Center, 30 and Up, and Women at Halifax

Center. Each team guaranteed 12 games.

Halifax Community Center – Course Fee: \$300

Women's League – Halifax

#168412 Apr 7-May 14 T,Th 7:00-9:00pm
Course Fee: \$335

30 and Up League – Halifax

#168411 Apr 6-May 20 M,W 7:00-9:00pm

Method Road Community Center

Course Fee: \$300

Church League – Method

#168424 Mar 14-May 16 Sa 9:30am-1:30pm

Course Fee: \$335

AandB League – Method

#168402 Mar 23-May 13 M,W 7:00-9:00pm

#168405 Mar 24-May 14 T,Th 7:00-9:00pm

Co-Ed Basketball League

Age: All Ages. This recreational basketball league is for men and women that would like to participate in friendly competition with other adults that enjoy basketball.

Biltmore Hills Community Center – Course Fee: \$300

#167575 Jan 31-Mar 7 Sa 1:00-3:00pm

Sand Volleyball – Spring League

Age: All Ages. Catch Spring Volleyball Fever. Get a jump start on the summer season with a mini Spring sand season. Registration dates: February 10-24, 2014 (or until filled). Leagues: Beginner, Intermediate, Advanced. Team Registration (6-person, 4-person, 3-person and Doubles). League will play mid March-May at Jaycee Park. See manager's sheet for details. **PLAY DAYS have been determined as outlined below. Dates may change due to weather or scheduling conflicts. SPACE IS LIMITED BY DAY/LEAGUE.

Jaycee Community Center

Doubles Men's Intermediate – Course Fee: \$50

#167346 Mar 11-May 13 W 6:00-10:00pm

Doubles Men's Advanced

#167347 Mar 9-May 11 M 6:00-10:00pm

Doubles Women's Advanced

#167348 Mar 9-May 11 M 6:00-10:00pm

Doubles Coed Advanced

#167349 Mar 11-Apr 29 W 6:00-10:00pm

Doubles Coed Intermediate

#167352 Mar 12-Apr 30 Th 6:00-10:00pm

Doubles Coed Intermediate

#167353 Mar 10-May 12 T 6:00-10:00pm

Coed 3-Person Advanced

#167354 Mar 11-Apr 29 W 6:00-10:00pm

Coed 3-Person Intermediate

#167355 Mar 10-Apr 28 T 6:00-10:00pm

Coed 4-Person Beginner

#167351 Mar 12-May 14 Th 6:00-10:00pm

Coed 4-Person Intermediate

#167356 Mar 9-May 11 M 6:00-10:00pm

Coed 6-Person Beginner

#167350 Mar 10-Apr 28 T 6:00-10:00pm

Spring Adult Kickball

The Athletics Division is offering adult kickball. Registration will take place from Monday-Thursday, March 16-19 at 2401 Wade Avenue in Jaycee Park from 8:30am-6pm. Games will begin around the end of March. For more information please call (919) 996-6836. Registration will be conducted by a team fee basis of \$300.

Lions Park Community Center

City-Wide #168652

Educational



Preschool

Baby Sign Me

Age: 8-18 mths. American Sign Language is the basis of this class which is taught to the parent and infant to improve communication and help lessen frustration. Instructor: Bettie Ittenbach.

Laurel Hills Community Center – Course Fee: \$30
 #167614 Jan 7-28 W 2:00-2:30pm
 #167615 Feb 4-25 W 2:00-2:30pm
 #167617 Mar 4-25 W 2:00-2:30pm
 #167618 Apr 1-22 W 2:00-2:30pm

Bodacious Biology

Age: 2-4yrs. Learn, laugh and play as we discover the intriguing lives of plants and animals. Sessions are interdisciplinary with stories and crafts in addition to scientific discovery. When possible, a real live plant or animal will make an appearance! Combines nicely with Tot Time and Science Sampler. Parent/guardian must stay with child during program. Class meets at Brentwood Neighborhood Center (3315 Vinson Court, 27604).

Brentwood Park – Course Fee: \$39

Dinosaurs (2-4 Years)

#165409	Jan 13-Feb 3	T	9:30-10:30am
#165410	Feb 10-Mar 3	T	9:30-10:30am
#165411	Jan 13-Feb 3	T	12:00-1:00pm
#165412	Feb 10-Mar 3	T	12:00-1:00pm
#165413	Mar 10-31	T	9:30-10:30am
#165414	Apr 7-28	T	9:30-10:30am
#165415	Mar 10-31	T	12:00-1:00pm
#165416	Apr 7-28	T	12:00-1:00pm

Bricks 4 Kidz – Preschool Class

Age: 4-5yrs. Watch your preschooler's eyes light up as they dig into a pile of brightly-colored DUPLO® Bricks! Engaging models based on the ABCs are the building blocks of our Bricks 4 Kidz preschool curriculum. Each week children build a simple model based on the letter of the week, while practicing essential preschool skills including: letter recognition, patterning, colors, counting, fine motor skills, positioning and ordering.

Laurel Hills Community Center – Course Fee: \$75
 #168016 Jan 8-Feb 12 Th 10:30-11:30am
 #168017 Feb 19-Mar 26 Th 10:30-11:30am
 #168018 Apr 2-May 7 Th 10:30-11:30am

Healthy Habits for Preschoolers

Age: 2-6yrs. It is never too early to learn good food choices for life-long health benefits. Add playful exercise into the mix and have fun while staying healthy! Sessions are interdisciplinary with stories and crafts for a well rounded experience. Parent/guardian must stay with child during program. Class meets at Brentwood Neighborhood Center (3315 Vinson Court, 27604).

Brentwood Park – Course Fee: \$39

#165430 Feb 5-26 Th 10:30-11:30am

Leap Into Learning

Age: 3-5yrs. This is a perfect stepping stone from being at home to going off to a full day of school. We will learn basic skills including, numbers, letters, colors, shapes, music, art

and other fundamentals necessary to succeed in Kindergarten. Each class participants will enjoy circle time, center time, play time and snack time. We will also teach children skills such as sharing, manners, hygiene and group participation. The best part is that this 3 hour class will allow participants to engage in social activities and interactive play without realizing how much they are learning along the way! All children must be potty trained. All children will need to bring a snack and drink each day.

Greystone Community Center – Course Fee: \$210

#168677	Jan 5-30	M,W,F	9:15am-12:15pm
#168678	Feb 2-27	M,W,F	9:15am-12:15pm
#168679	Mar 2-Apr 1	M,W,F	9:15am-12:15pm
#168680	Apr 6-May 1	M,W,F	9:15am-12:15pm

Needlecraft, Simple Sewing

Age: 4-6yrs. Constructive creativity for the hands-on child who likes to pay attention to details. We will learn basic stitching skills, create interesting designs with needlepoint and make simple crafts all with safety needle and yarn. We might even sew on a button or two—a very handy life-long skill! Parent/guardian must stay with child during program. Class meets at Brentwood Neighborhood Center (3315 Vinson Court, 27604).

Brentwood Park – Course Fee: \$39

#165431 Mar 12-Apr 2 Th 10:30-11:30am

Origami for Preschool

Age: 4-6yrs. Origami originated in the Asia 2000 years ago, and since then has been perfected into a beautiful and fascinating art form. A simple piece of paper can be transformed into many cute and interesting objects. Bring out your child's inner geometric artist! Parent/guardian must stay with child during program. Class meets at Brentwood Neighborhood Center (3315 Vinson Court, 27604).

Brentwood Park – Course Fee: \$39

#165432 Apr 9-30 Th 10:30-11:30am

Perfectly Polite

Age: 2-6yrs. It is never too early to learn manners and basic etiquette. Knowing what to do in social settings boosts confidence at any age! Sessions are interdisciplinary with stories and crafts for a well rounded experience. Parent/guardian must stay with child during program. Class meets at Brentwood Neighborhood Center (3315 Vinson Court, 27604).

Brentwood Park – Course Fee: \$39

#165429 Jan 8-29 Th 10:30-11:30am

Science Sampler

Age: 2-4yrs. Learn, laugh and play as we discover a bit of meteorology, earth sciences, magical mathematics and spacious space. Sessions are interdisciplinary with stories and crafts in addition to scientific discovery. Combines nicely with Tot Time and Bodacious Biology. Parent/guardian must stay with child during program. Class meets at Brentwood Neighborhood Center (3315 Vinson Court, 27604).

Brentwood Park – Course Fee: \$39

Earth, Wind and Water (2-4 Years)

#165417	Jan 8-29	Th	9:30-10:30am
#165418	Feb 5-26	Th	9:30-10:30am
#165419	Jan 8-29	Th	12:00-1:00pm
#165420	Feb 5-26	Th	12:00-1:00pm
#165421	Mar 12-Apr 2	Th	9:30-10:30am
#165422	Apr 9-30	Th	9:30-10:30am
#165423	Mar 12-Apr 2	Th	12:00-1:00pm
#165424	Apr 9-30	Th	12:00-1:00pm

Tot Time Global

Age: 2-6yrs. Travel around the world through stories and games! What games do children in the Philippines play? What songs do children in China sing? What toys do children in Chile play with? Let's find out! Combines nicely with Tot Time and Bodacious Biology. Parent/guardian must stay with child during program. Class meets at Brentwood Neighborhood Center (3315 Vinson Court, 27604).

Brentwood Park – Course Fee: \$39

#165425	Jan 13-Feb 3	T	10:30-11:30am
#165426	Feb 10-Mar 3	T	10:30-11:30am
#165427	Mar 10-31	T	10:30-11:30am
#165428	Apr 7-28	T	10:30-11:30am

Youth

Bricks 4 Kids – Bricks 4 Girls Workshop

Age: 5-11yrs. Come on out and play with us for a girls week of crafting and creating with LEGO® Bricks. We will introduce you to our 'Friends' as we get to know LEGO® brand's line of girl-themed models. Build adorable houses, cafes and more with a brand new cast of female characters including Olivia and all her friends. We'll do lots of other unique things with bricks, from jewelry making to brick art and origami, with a take-home project each day. All girls take home a custom 'Friends' mini-figure at the end of the week.

Pullen Community Center – Course Fee: \$170

#168133 Mar 9-13 M-F 9:00am-12:00pm

Bricks 4 Kidz – After School Program

Age: 5-11yrs. LEGO® Engineering with Bricks 4 Kidz! At Bricks 4 Kidz®, we believe it's important to tap into a child's potential by encouraging their curiosity and creativity while reinforcing STEM-based principles. Children build our theme based, fun filled motorized models designed by engineers and architects that provide an engaging platform that teaches children to learn utilizing LEGO® Bricks and Technic® elements. At the same time, we provide a focused curriculum, enhance self esteem, improve fine motor skills and teach important classroom lessons such as organization and following directions. The activities are designed to trigger young children's lively imaginations and build their self confidence. All participants will take home their own mini figure from our mini figure factory at the end of the session.

Laurel Hills Community Center – Course Fee: \$85

#168058 Jan 6-Feb 10 T 4:15-5:15pm

#168059 Feb 17-Mar 24 T 4:15-5:15pm

#168060 Mar 31-May 5 T 4:15-5:15pm

Pullen Community Center – Course Fee: \$85

#168103 Jan 7-Feb 11 W 4:15-5:15pm

#168106 Feb 18-Mar 25 W 4:15-5:15pm

#168107 Apr 1-May 6 W 4:15-5:15pm

Bricks 4 Kidz – A Pirate's Quest Track Out Camp

Age: 5-11yrs. Shiver me timbers as we explore the popular culture behind the life of a pirate. Build a motorized pirate ship, a helm and an anchor, as we batten down the hatches and prepare for mutiny. Protect the hands on deck by building a launching catapult. Beware me mateys, if it's too late, you must abandon ship and build a rowboat to escape. Watch out for crocodiles! Anchors aweigh! All campers take home a custom mini-figure at the end of the session.

Pullen Community Center – Course Fee: \$170

#168370 Jan 5-9 M-F 9:00am-12:00pm

#168371 Mar 9-13 M-F 1:00-4:00pm

Bricks 4 Kidz – Land, Air and Sea Adventures Track Out Camp

Age: 5-11yrs. Step aboard to build some exciting ways to get from here to there.

Take to the sky in our Bricks 4 Kidz® helicopter model, race across the beach in an ingenious land sail, or zoom through the water on a jet ski. Kids will learn what makes each machine unique and how it moves, exploring concepts such as buoyancy, propulsion, lift and g-forces! What other ways will you invent to travel through air, land and sea? Whether you're a high-speed thrill-seeker or just curious about how things work, this camp offers something for everyone. All campers take home a custom mini-figure at the end of the session.

Pullen Community Center – Course Fee: \$170

#168374 Apr 20-24 M-F 9:00am-12:00pm

Bricks 4 Kidz – LEGO® Sports Camp

Age: 5-11yrs. Calling all sports fans...on your mark, get set, build! Celebrate sports with cool models of sports from cycling to soccer, basketball to gymnastics. Compete indoors to set your own records with our exciting sports-themed challenges! We'll post the winners on our own 'Medal Tally' Board and present winners with Bricks 4 Kidz awards. All campers take home a custom mini-figure at the end of the session.

Pullen Community Center – Course Fee: \$140

#168363 Mar 30-Apr 2 M-Th 1:00-4:00pm

Bricks 4 Kidz – Remote Control Mania Track Out Camp

Age: 6-11yrs. Making it move is the name of the game at this exciting camp! Kids will love to see their creations in motion using LEGO® wireless remote controls. Each day, campers will use fascinating and challenging LEGO® components to create dynamic vehicles, inventions, machines and more. As they enjoy the fun of building, campers will understand the basic working principles of many ingenious devices that are part of our everyday lives. Campers will

also learn how to magnify, diminish force to move objects at different speeds and in different directions. This camp is loads of fun and learning for budding builders. All campers take home a custom mini-figure at the end of the session.

Pullen Community Center – Course Fee: \$170

#168132 Feb 16-20 M-F 9:00am-12:00pm

Bricks 4 Kidz – Space Adventures Track Out Camp

Age: 5-11yrs. Inspired by NASA and Star Wars (r), our Space Adventures Camp is packed full of models that will make your imagination blast off! Each day, campers will learn about real-life space exploration and build models related to the NASA space program. In addition, the day includes LEGO® Star Wars-themed models, video games, group games, challenges and more. Bricks 4 Kidz® Space Adventure camp provides the spark for imagination and creativity to take off on an adventure that's out of this world! All Campers take home a custom mini-figure at the end of the week.

Pullen Community Center – Course Fee: \$140

#168134 Mar 30-Apr 2 M-Th 9:00am-12:00pm

Bricks 4 Kidz – Teenage Brick Turtles Track Out Camp

Age: 5-8yrs. Grab your katanas and nunchucks as we prepare to fight crime with the Teenage Brick Turtles! Practice engineering as you build two of the courageous turtles and their wise Japanese rat sensei, Master Splinter. Strengthen your ninjutsu skills to defeat the villainous Shredder and his evil Foot Clan. After a treacherous day of crime-fighting, don't forget to give the turtles a break and join them to enjoy a pizza down in their sewer dwelling under the city. Let's build and play...Brick Turtle Style! All campers take home a custom mini-figure at the end of the session.

Pullen Community Center – Course Fee: \$170

#168366 Feb 2-6 M-F 9:00am-12:00pm

Celebrate the Earth!

Age: 5-12yrs. Help Sanderford Road Center celebrate Earth Day with earth friendly crafts and art lessons that promote reducing, reusing, and recycling. Kids will learn how things grow and how we together can take care of the Earth. Let's celebrate together!

Sanderford Road Park

#168751 Apr 22 W 5:00-6:00pm

Dream Hot Wheels

Age: 8-13yrs. Put your hottest model car on display. Maybe you like the Lexus, Corvette, or even the Escalade. No matter which car you like, let's build it together. Instructor will purchase additional materials needed. Please come to class knowing which model car you would like to build. The car is yours to take home so you can show everyone your new wheels.

Roberts Park Community Center – Course Fee: \$30
Let's Build a Car

#168388 Apr 4 Sa 11:00am-1:00pm

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How To Be Successful

Age: 9-18yrs. This class is in honor of Black History Month. Minorities often don't have the same opportunities to be successful. This class teaches preteens and teens how to utilize various techniques to improve self esteem, develop self help skills, utilize refusal skills, handle peer pressure and confront daily challenges by simply changing the way the way you think and feel. Celebrate black history. Refreshments will be served.

Roberts Park Community Center

#168227 Feb 7 Sa 11:00am-12:00pm

Kids and Wealth

Age: 9-14yrs. This class teaches youth how to earn, save, budget and explore revenue producing avenues. In addition it teaches youth how to become entrepreneurs. Youth will learn that a business can be home-based providing supplemental or residual income or it can generate enough income to be self-employed. Society doesn't have a problem losing kids to the street as long as it has "Wall" in front of it.

Roberts Park Community Center

Young Bosses

Course Fee: \$20

#168261 Feb 21 Sa 9:30-11:00am

#168262 Mar 21-28 Sa 9:30-11:00am

#168264 May 9-16 Sa 9:30-11:00am

Course Fee: \$25

#168261 Feb 21 Sa 9:30-11:00am

#168262 Mar 21-28 Sa 9:30-11:00am

#168264 May 9-16 Sa 9:30-11:00am

Course Fee: \$5

#168263 Apr 18-25 Sa 9:30-11:00am

Kids Sign and Fun

Age: 7-10yrs. Enjoy learning American Sign Language through games, songs, and general play! Instructor Bettie Ittenbach will teach the basics in a fun and exciting environment.

Laurel Hills Community Center – Course Fee: \$30

#167628 Jan 7-28 W 4:15-5:00pm

#167629 Feb 4-25 W 4:15-5:00pm

#167630 Mar 4-25 W 4:15-5:00pm

#167631 Apr 1-22 W 4:15-5:00pm

Morals and Manners Part 3

Age: 8-16yrs. This programs arms youth with the skills that will last for a life time. Students will learn how to cope with daily challenges. In addition students will learn respect for self and others. This is where morals and manners meet. Refreshments served.

Roberts Park Community Center

Life Skills Part 2

#168398 Jan 18 Su 3:00-5:00pm

#168399 Feb 15 Su 3:00-5:00pm

#168400 Mar 15 Su 3:00-5:00pm

#168401 Apr 19 Su 3:00-5:00pm

Ninjaneering Master using LEGO

Age: 8-12yrs. Master the world of Ninjago by becoming a Ninjaneer! Tame the Ice Dragon, motorize your Blade Cycle, design the Dark Fortress, and hone your Spinjitzu

battle skills! In this advanced camp Ninjaneering masters will learn real world concepts in physics, engineering, and architecture while exploring the fantasy world of Ninjago. Instructor: Play-Well Technologies. **Brier Creek Community Center** – Course Fee: \$150
#167947 Mar 30-Apr 2 M-Th 1:00-4:00pm

Ninjaneering using LEGO

Age: 5-7yrs. Enter the world of Ninjago and become an apprentice Ninjaneer! Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks, and encounter the mighty Dragon! Imagine and build unique and fun projects with the guidance of an experienced Play-Well instructor while exploring the fantasy world of Ninjago. This is an ideal way to prepare young Ninjaneers for the challenge of Ninjaneering master with LEGO camp. Instructor: Play-Well Technologies.

Brier Creek Community Center – Course Fee: \$150
#167986 Mar 30-Apr 23 M-Th 9:00am-12:00pm

Saturday Morning Sciences

Age: 9-14yrs. Saturday Mornings Science is a series of public lectures aimed at bringing the joy and variety of sciences to students and their families. City of Raleigh Staff and Speakers from elsewhere will talk about aspects of science and mathematics that they find fascinating or useful.

Sgt. Courtney T. Johnson Center – Course Fee: \$10

#168220 Mar 7 Sa 11:30am-12:30pm

#168221 Mar 21 Sa 11:30am-12:30pm

#168222 Apr 4 Sa 11:30am-12:30pm

#168336 Apr 25 Sa 11:30am-12:30pm

#168337 May 2 Sa 11:30am-12:30pm

#168338 May 16 Sa 11:30am-12:30pm

Survivor: Engineer's Cove

Age: 7-11yrs. Stranded on an abandoned island-surrounded by darkness, cold temperatures, wild animals, and other dangers. Students in this camp will join tribes and compete in various engineering-related challenges against other tribes to survive and eventually escape the harsh island conditions. Join us in the first ever Engineering for Kids® Survivor Challenge!

Sanderford Road Park – Course Fee: \$290

#168644 Mar 23-27 M-F 9:00am-4:00pm

Tuskegee Airmen Youth Aviation Academy

Age: 10-12yrs. Aviation is an explosive industry with tremendous growth projected over the next several decades. Participation in this program will make youth aware of the many careers and life experiences that are available in aviation. Participants can expect the following: Discuss History of Tuskegee Airman; complete a community service project; build model planes; apply math to aviation problems; fly flight simulators visit aviation museums and airports. Program open to youth males and females ages 10-12. Program will take place the first Saturday of each month beginning February through June.

Sanderford Road Park

#168660 Feb 14-Mar 14 Sa 11:00am-1:00pm

Teen

Cooking – Teens in the Kitchen

Age: 13-17. Find your way around the kitchen and have fun while trying various unique cooking classes with Chef Wynton. Chocoholics can learn about the different types of chocolate, how they taste, look and are used. Sushi enthusiast will learn the art of hand rolling. Movie lovers will acquire the skills to make your own soft pretzels, peanut butter balls and root beer floats. From movie night snacks to at sushi, you will find something to get your taste buds going!

Powell Drive Park – Course Fee Per Class: \$27

Movie Night

#168692 Jan 23 F 4:30-6:00pm

Who's A Chocoholic?

#168694 Feb 26 Th 4:30-6:00pm

Hello Little Sushi

#169096 Apr 16 Th 4:30-6:00pm

Teambuilding For Teens

Age: 8-21yrs. Let the Teen Program custom design a teambuilding workshop to help meet your group's needs and challenges. Initiative activities are utilized to enhance problem solving, teambuilding, conflict resolution and other life skills through experiential learning and will be tailored to your specific group. These programs are great for schools, church groups, student councils, drop-out prevention programs, and many other established youth groups. Courses will be held at the site of the participants' choosing and will be scheduled according to staff availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$20 per staff hour of program with a minimum of 2 hours; we require a 1:10 staff member to student ratio. Contact the Teen Program at 919-996-2141 for more information.

Non-City Owned Site

#167539 Jan 2-Apr 30 Daily 9:00am-5:00pm

Adult

Birds – Raleigh-Durham Caged Bird Society

Age: 18yrs and up. The Raleigh-Durham Caged Bird Society serves to educate the public on the care of caged birds, to address avicultural concerns, and to encourage the conservation of avian species. The society meets the 3rd Sunday of each month at Glen Eden Pilot Park – 1500 Glen Eden Drive. Membership dues are \$1/person/meeting. No registration necessary.

Glen Eden Park – Course Fee: \$1

#166973 Jan 18 Su 1:00-5:00pm

#166974 Feb 15 Su 1:00-5:00pm

#166975 Mar 15 Su 1:00-5:00pm

#166976 Apr 19 Su 1:00-5:00pm

Bridge for Beginners

Age: 18yrs and up. Have you ever wanted to be able to join in a friendly, social game of bridge? This eight week class is just

the place for beginners, and for those who have not played the game in many years. It includes instruction on bidding, strategy, and play of the hand. Learn the game and build your confidence with others who are just learning, too! Instructor: John Floreth.

Millbrook Exchange Community Center

Course Fee: \$60

#165261 Jan 20-Mar 10 T 7:00-9:00pm

Chinese for Beginners/ Chino para Principiantes

Age: 18yrs and up. This course will introduce basic Chinese. Students will learn the alphabet, basic greetings, numbers, calendar dates, weekdays, and much more. Students will also enjoy aspects of the Chinese culture. Esta clase le introducirá al idioma chino a nivel básico. Los estudiantes aprenderán el alfabeto, los saludos, números, fechas del calendario, los días, y mucho más. Los estudiantes también disfrutarán de los aspectos de la cultura china.

Pullen Community Center – Course Fee: \$50

#165471 Jan 24-Feb 28 Sa 10:00-11:30am

#165472 Mar 14-Apr 25 Sa 10:00-11:30am

Cooking Classes – Adults

Age: 16yrs and up. Find your way around the kitchen and have fun while trying various unique cooking classes with Chef Wynton. Pastry 101 will focus on pastry, pastry cream, puff pastry plus tarts and pies. Salute to Sushi will teach you Japanese Sushi in one lesson, including California roll and Rainbow roll, Miso soup, vegetable dishes and more. Great Sauces focuses on the secrets of adding the most delicious sauce that puts the finishing touch on an incredible entrée. Learn the secrets of making a meal extraordinary with step-by-step directions. Come cook with us!

Pastry 101 – Course Fee \$41

#168685 Jan 23 F 6:30-9:30pm

Great Sauces – Course Fee \$41

#168696 Feb 26 Th 6:30-9:00pm

Salute to Sushi – Course Fee \$36

#169106 Apr 16 Th 6:30-8:30pm

Coupon Swap – Barwell Savers

Age: 17yrs and up. A coupon swap is for people interested in saving money and passing along deals to help others. Please bring clipped, unexpired coupons to share and trade with the group. Please do not bring coupons printed from a computer. This is also an opportunity to discuss savings tips and tricks. Dawn Leblond will be available to offer advice and coupon methods. This is a drop in program that meets the first Wednesday of the month.

Barwell Road Community Center

#166422 Jan 7-Apr 1 W 1:00-3:00pm

Coupons 101

Age: All Ages. Coupons, where do you find them? How do you organize and use them effectively? What stores are coupon friendly? To get these questions and more about

coupons answered, this is the class for you.

Carolina Pines Community Center

#168686 Mar 21 Sa 10:00-11:00am

#168687 Apr 14 T 6:30-7:30pm

Dog – Advanced Obedience

Age: 18yrs and up. For dogs of any age that need to improve their sit, down, wait, come, stay and walking on a loose leash without pulling. We will do more intense work to really strengthen these skills, especially around other dogs. This class will improve your dog's impulse control while confirming your leadership. By adding distractions and practicing commands off leash your dog will improve their self-control. If time allows we will increase learning with some fun games and some Rally obedience. The final night of the class will be the American Kennel Club Canine Good Citizen (CGC) certification. This class is 6 weeks long.

Jaycee Community Center – Course Fee: \$125

#167289 Jan 27-Mar 3 T 8:00-9:00pm

#167290 Mar 24-Apr 28 T 8:00-9:00pm

#167291 May 19-Jun 23 T 8:00-9:00pm

Dog – Basic Manners for Your Dog

Age: 18yrs and up. In this class we will teach you the importance of your role as a leader and teach your dog the ability to have self-control. These two things together will allow your pup to learn to sit, down, wait, come, stay and to walk on a loose leash without pulling. In addition your dog will learn to wait at doorways, wait without lunging out of the car, sit for supper and leave it. Learning the proper body language and communicating clearly with your dog is also a focus. The result will be improved behavior in public as well as at home and a closer bond between you and your dog. Class is limited to 6 dogs so there is plenty of time for individual attention. This course is for dogs older than 3 months. This is a 6 week course.

Jaycee Community Center – Course Fee: \$127

#167294 Jan 27-Mar 3 T 7:00-8:00pm

#167295 Mar 24-Apr 28 T 7:00-8:00pm

#167296 May 19-Jun 23 T 7:00-8:15pm

Dog Obedience

Age: 13yrs and up. Course of instruction in basic commands and controlling your dog. The Raleigh Kennel Club provides this class as a community service. An AKC Canine Good Citizen test will conclude the class with passing dogs earning their AKC CGC title. This test evaluates the ability of the dog to display good public manners. Dogs should be no younger than 6 months old.

Millbrook Exchange Community Center

Course Fee: \$40

#165586 Mar 25-May 27 W 7:30-8:30pm

Dog – Puppy Kindergarten

Age: 18yrs and up. This new class may be the most important step you can take to ensure a long happy relationship with your new puppy. Puppies need to be current

on their shots for their age and all pups will need to bring their vet records to the first class to ensure no exposure to those diseases feared by young puppy owners and vets! Owners will learn everything they need to know to establish a great relationship with their new family member based on mutual respect. Topics covered will include socialization, housetraining, crate training, puppy nipping, leash walking, praise and reinforcement, stopping undesired behavior, grooming, proper playtime, obedience basics, jumping up, exercise, barking and raising a confident pup. Other topics will be addressed based on the needs of the class. Puppy playtime will be the last 15 minutes of class each evening. The whole family is encouraged to attend the class but the pup should NOT come the first night. This is a 6 week class.

Jaycee Community Center – Course Fee: \$125

#167297 Jan 27-Mar 3 T 6:00-7:00pm

#167298 Mar 24-Apr 28 T 6:00-7:00pm

#167299 May 19-Jun 23 T 6:00-7:00pm

English as a Second Language (ESL) Clases de Ingles

Age: 18yrs and up. These classes are offered for beginner levels. Classes are designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English. Estas clases se ofrecen a nivel de principiantes. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para comunicarse en el idioma inglés.

Barwell Road Community Center

#165136 Feb 18-Mar 25 W 7:00-8:30pm

Brier Creek Community Center

#165134 Jan 7-Feb 11 W 7:00-8:30pm

#165135 Jan 10-Feb 14 Sa 11:30am-1:00pm

#165147 Mar 4-Apr 8 W 7:00-8:30pm

#165148 Mar 7-Apr 25 Sa 11:30am-1:00pm

Carolina Pines Community Center

#165142 Jan 6-Feb 10 T 6:30-8:00pm

#165143 Feb 17-Mar 24 T 6:30-8:00pm

Hill Street Center

#165140 Jan 27-Mar 3 T 6:30-8:00pm

#165141 Mar 17-Apr 21 T 6:30-8:00pm

Marsh Creek Park

#165132 Jan 28-Mar 4 W 6:30-8:00pm

#165133 Mar 18-Apr 22 W 6:30-8:00pm

Method Road Community Center

#165139 Jan 15-Feb 19 Th 6:30-8:00pm

#165149 Mar 5-Apr 16 Th 6:30-8:00pm

Northeast Outreach Center

#165151 Jan 20-Feb 24 T 10:00-11:30am

Parental Support

Age: All Ages. Being a parent is a job that comes without instructions. This program provides support for parents who need to know that they are not in the game alone.

Roberts Park Community Center – Course Fee: \$5

#168434 Jan 29 Th 6:30-8:30pm

#168435 Feb 26 Th 6:30-8:30pm

#168436 Mar 26 Th 6:30-8:30pm

#168437 Apr 23 Th 6:30-8:30pm

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Peter Verses Paul

Age: All Ages. Do you find yourself having to rob Peter to pay Paul? If you continue to rob from one to pay the other you will never get out of debt. The government is not the only entity that has to make tough decisions. Budgeting should begin at home. This class is an introduction to earning, budgeting, saving and investing. Learn how to manage your finances. Now is the time for financial freedom.

Roberts Park Community Center – Course Fee: \$17
#168413 Apr 18 Sa 1:00-2:30pm

Sign Language ASL

Age: 14yrs and up. Want or need to learn sign language? This is a good place to start. Get the basics and build your vocabulary in a fun and relaxed atmosphere. Beginning classes offer different emphasis geared toward the registrant's needs. It is best to take a few beginner classes before moving on to intermediate.

Laurel Hills Community Center – Course Fee: \$80

ASL I Beginner

#167619 Jan 7-Feb 25 W 5:30-6:30pm

ASL II Intermediate

#167626 Mar 4-Apr 22 W 5:30-6:30pm

Spanish – I/Español I

Age: 18yrs and up. This course is an introduction to basic conversational Spanish with an emphasis on listening and speaking. Topics such as time, days, months, colors, simple dialogues, and present tense of verbs are covered. Este curso es una introducción a la conversación en español con énfasis en escuchar y hablar. Se cubrirán temas como el concepto del tiempo, días de la semana, meses y colores. También practicaremos diálogos simples y el tiempo presente de los verbos.

Jaycee Community Center

Course Fee: \$50

#165469 Jan 24-Feb 28 Sa 1:00-2:30pm

#165470 Mar 14-Apr 18 Sa 1:00-2:30pm

Millbrook Exchange Community Center

Course Fee: \$50

#165467 Jan 27-Mar 3 T 6:30-8:00pm

#165468 Mar 17-Apr 28 T 6:30-8:00pm

Spanish for the Work Place

Age: 16yrs and up. This course teaches general customer service skills in Spanish to better communicate with Spanish workers and clients.

Peach Road – Course Fee: \$20

#166848 Feb 2-Mar 2 M 6:30-7:30pm

Senior

Basics of Probate

Age: All Ages. Representatives from McCuiston Law Offices, PLLC will discuss the legal documents and procedures you need to consider for your estate planning. Co-sponsored by Resources for Seniors.

Five Points Center for Active Adults

#166019 Apr 21 T 1:00-2:00pm

Beginning Computers I

Age: All Ages. This course is for beginners or new users who are just starting to get familiar with a computer, mouse and keyboard. Exercises are included to improve skills in these areas, create and save short documents. Students will be introduced to the basic of Internet usage; creating and e-mail ID, sending and receiving messages, uploading and downloading attachments and photos. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688. Student Level: Little or no computer skills.

Anne Gordon Center for Active Adults

Course Fee: \$30

#166684 Jan 15-Feb 19 Th 1:30-3:30pm

Beginning Computers II

Age: All Ages. This course is for students who have some knowledge of computers, who are able to control mouse movement and are familiar with the keyboard. This course introduces the basics of word processing, file management, databases, spreadsheets and the Internet. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688. Student Level: Some to moderate computer skills.

Five Points Center for Active Adults

Course Fee: \$42

#166686 Jan 12-Mar 9 M 9:30-11:30am

Blood Pressure Screening

Age: All Ages. Take advantage of these FREE blood pressure screenings offered by Dr. Casey Baldwin with Resources for Seniors and Kindred Transitional Healthcare.

Anne Gordon Center for Active Adults

#166021 Jan 20-Apr 28 T,F 9:30-10:15am

Five Points Center for Active Adults

#166020 Jan 6-Apr 21 T 9:30-10:15am

Brain Power!

Age: All Ages. Explore simple ways to maintain and boost mental acuity. We will explore a different topic each month. Facilitated by Resources for Seniors.

Five Points Center for Active Adults

#166047 Jan 14-Feb 11 W 1:00-2:00pm

Cleaning Green In Your Home

Age: All Ages. Does your busy life conflict with the chores of keeping your home clean? Would you like to save money, time and energy? This workshop will focus on saving time by providing cleaning strategies, saving money by providing natural 'do it yourself' cleaning recipes, and saving energy by reducing, recycling and reusing everyday materials. Most importantly, it will allow you to balance your desire for a clean home with your busy schedule.

Anne Gordon Center for Active Adults

#166048 Apr 16 Th 1:00-2:30pm

Five Points Center for Active Adults

#166049 Apr 20 M 1:00-2:30pm

#166050 Apr 28 T 1:00-2:30pm

Computers and Genealogy Seminar

Age: All Ages. This seminar will provide an overview of various internet research tools useful in conducting family history and genealogical research.

Five Points Center for Active Adults

Course Fee: \$10

#166947 Feb 20 F 1:30-3:30pm

Conversation and Coffee

Age: All Ages. A monthly series of educational meetings designed to inform, educate, and answer questions related to healthy living and well-being. Join us for coffee and conversation: sponsored by Sunrise Senior Living and Resources for Seniors.

Anne Gordon Center for Active Adults

#166051 Jan 21-Apr 15 W,Su 1:30-2:30pm

Five Points Center for Active Adults

#166052 Jan 20-Apr 21 T 10:15-11:15am

Day to Day Spending: Are You On Track?

Age: All Ages. Managing your money day to day is not easy. You have many decisions to make on a daily basis and those decisions can help you live within your budget or they can drain your budget. Come and learn about those Budget Busters and get on track to being a Savvy Saver.

Anne Gordon Center for Active Adults

#166053 Jan 28 W 1:30-3:00pm

Elder Investment Fraud and Financial Exploitation Prevention

Age: All Ages. The Elder Investment Fraud and Financial Exploitation Prevention (EIFFE) discusses the warning signs of scams and exploitation, the type of schemes used and who commits them, resources available to prevent being victimized or help those who are already victims, ways to protect oneself and loved ones from investment fraud and scams, and a little general information about Reverse Mortgages. Presented by NC Department of the Secretary of State and Resources for Seniors.

Anne Gordon Center for Active Adults

#166238 Apr 1 W 1:00-2:00pm

Five Points Center for Active Adults

#166242 Mar 13 F 10:00-11:00am

Excel – Introduction

Age: All Ages. If you would like to calculate a budget, track your utility bills, etc...but have been putting it off, then learning Excel is for you. This class starts at the very beginning of Excel with basic definitions, continues with calculation examples and discusses formatting and colors. Raleigh SeniorTechEd. For more information, please call 919-954-3688. Student Level: Experienced PC user. Applies to MS Office, Windows 7, Windows 8.

Anne Gordon Center for Active Adults

Beginning Excel – Course Fee: \$10

#166682 Jan 13 T 9:30am-12:00pm

Five Points Center for Active Adults

Beginning Excel – Course Fee: \$10

#166683 Jan 23 F 9:30am-12:00pm

Exploring the Internet

Age: All Ages. This course teaches proper and safe ways to use the Internet. Basic browsing, file downloading, bookmarking, favorites, and security concepts. Email concepts include: saving attachments, sending emails with attachments, and filing emails in folders. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

Anne Gordon Center for Active Adults

Course Fee: \$30

#167267 Mar 12-Apr 16 Th 9:30-11:30am

Five Points Center for Active Adults

Course Fee: \$30

#166688 Mar 18-Apr 22 W 9:30am-12:00pm

Exploring Windows 8

Age: All Ages. In this class, you will learn how to use Windows 8 to perform your daily activities. You will learn how to set its environment up for your individual preferences and maintain it for optimum performance. You will learn how to use both user interfaces, Start screen and Desktop, and how to intermix both environments for best production. Students must provide their own Windows 8 computer. Student Level: Experienced PC user Applies to Windows 8. For more information, please contact Raleigh SeniorTechEd at 919-954-3688.

Five Points Center for Active Adults

Course Fee: \$20

#166676 Feb 17-Mar 10 T 1:30-3:30pm

#166677 Apr 1-22 W 1:30-3:30pm

Course Fee: \$50

#166675 Jan 7-28 W 1:30-3:30pm

Falls Prevention Workshop

Age: All Ages. Educational presentation on falls prevention which will include a fun, educational memory game, balance screenings, Physical Therapist for questions and some giveaways. The program is designed for anyone interested in learning about falls prevention and modifying their home environment to prevent falls. Presented by WakeMed Health and Hospitals

Five Points Center for Active Adults

#166224 Feb 13 F 10:00-11:30am

Fiscal Fitness 2015

Age: All Ages. Did you overspend this holiday season? Are you thinking about a New Year resolution to control your spending? Start the NEW YEAR with a plan to get in financial shape. Sponsored by Resources for Seniors.

Five Points Center for Active Adults

#166251 Jan 26 M 1:00-2:30pm

#166256 Jan 27 T 10:15-11:15am

Fun with Photos

Age: All Ages. This class will teach the basics of Picasa, a digital photo organizer and editor. This software is a free download from Google. Find all your photos quickly and easily. Edit, crop, reduce red-eye and enhance color with one quick click. Create slide shows and much more! This class is

brought to you by Raleigh SeniorTechEd.

For more information, please call

919-954-3688.

Five Points Center for Active Adults

Course Fee: \$40

#166950 Mar 12-Apr 30 Th 1:30-3:30pm

Going It Solo

Age: All Ages. A bi-weekly workshop focusing on the many practical facets to living alone as a result of living single, loss of a significant other (either to death, illness or advanced care), estrangement, separation, or divorce. These workshops will include a variety of activities, group discussions, written exercises, visual materials, handouts, and giveaways. The topics will include financial and legal responsibilities, budgeting, safety; car and home maintenance; medical insurance; social engagement; emotional, psychological and spiritual well-being.

Anne Gordon Center for Active Adults

Helpful Resources – Resources for Seniors

#166257 Jan 14 W 1:30-3:00pm

#166258 Jan 28 W 1:30-3:00pm

#166259 Feb 11 W 1:30-3:00pm

#166260 Feb 25 W 1:30-3:00pm

#166261 Mar 11 W 1:30-3:00pm

#166262 Mar 25 W 1:30-3:00pm

#166263 Apr 8 W 1:30-3:00pm

#166264 Apr 22 W 1:30-3:00pm

Google Can Do That?

Age: All Ages. In this 2 session workshop, you will learn about and use several free Google applications. This includes Google Maps, Earth, Drive, Books, YouTube, Calendar and others. This seminar is offered by Raleigh SeniorTechEd. For more information, please call 919-954-3688. Prerequisite: Intro to Computer Applications or basic computer skills.

Anne Gordon Center for Active Adults

Course Fee: \$15

#166949 Mar 2-9 M 1:30-3:30pm

Health Talks with Dr. Baldwin

Age: All Ages. Dr Casey Baldwin, RFS Senior care Pharmacist, will be on-site each month to discuss an important health topic for older adults. Co-Sponsored by Resources for Seniors.

Anne Gordon Center for Active Adults

#166285 Jan 20-Apr 15 T-W 10:15-11:30am

Five Points Center for Active Adults

#166286 Jan 6-Apr 7 T 10:15-11:30am

Hearing Screening

Age: All Ages. Resources for Seniors and Beltone Hearing Care Centers will be offering FREE Hearing Screenings. The screening lets you know if your hearing falls within normal hearing range. In addition to the screening, come and see what the inside of your ears look like. See what the professionals see when they look in your ears! Pre-register for an individual appointment!

Five Points Center for Active Adults

#166288 Mar 9 M 9:30-11:30am

Issues In Elder Law

Age: All Ages. Join Raleigh attorney Bill Blakemore for a discussion on some of the most significant issues in elder law. Topics will include wills, powers of attorneys, living wills and other important estate planning documents; Veterans benefits available to both the Veteran and his or her spouse; and recent developments in the law affecting seniors.

Anne Gordon Center for Active Adults

#166289 Feb 18 W 1:30-3:00pm

Five Points Center for Active Adults

#166290 Feb 20 F 10:00-11:30am

Legal Safety Nets

Age: All Ages. What legal tools are available to provide the safety net of assistance in case we need it? How do Powers of Attorney work? What are the differences between a financial power of attorney and a health care power of attorney? How does HIPAA work to protect my confidential medical information and how can I determine who I want to have access to it? How do I determine who should inherit my property when I die? These and more important issues as we explore tools to provide a safety net for our independence as we walk the tightrope of aging. Presented by Resources for Seniors and Monroe Law Group

Anne Gordon Center for Active Adults

#166291 Apr 22 W 1:30-3:00pm

Five Points Center for Active Adults

#166292 Jan 29 Th 1:30-3:00pm

Living Healthy – Chronic Pain Self-Management

Age: All Ages. This course will enable participants to assume a major role in their health and managing their pain.

Anne Gordon Center for Active Adults

#166296 Mar 16-Apr 27 M 1:00-3:30pm

Living Healthy – Diabetes Management

Age: All Ages. This course will enable participants to assume a major role in managing their health, including diabetes management.

Five Points Center for Active Adults

#166295 Feb 27-Apr 10 F 1:00-3:30pm

Long Term Care – How It Works and Who Pays

Age: All Ages. You've worked hard all your life to save for a comfortable retirement so that you can live life to the fullest while maintaining your independence. But realizing your goals requires proper planning; including taking into account how the need for long-term care could impact your financial security and quality of life. Learn how at this seminar sponsored by Resources for Seniors and Edward Jones Financial.

Five Points Center for Active Adults

#166394 Jan 13 T 11:00am-12:00pm

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Medicare 101

Age: All Ages. The Seniors' Health Insurance Information Program (SHIIP) is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. This seminar will provide a quick explanation of Medicare and a time for questions.

Anne Gordon Center for Active Adults

#166395 Mar 11 W 1:30-3:30pm

Five Points Center for Active Adults

#166396 Jan 22 Th 10:00am-12:00pm

#166397 Apr 14 T 1:30-3:30pm

Nutrition and Health

Age: All Ages. With so much information out there on how to eat right it is challenging to make sense of it all. Being healthy through diet can be tricky. Join this session to identify ways you can practice good health and eat well. Presented by Nutrition Onesity Research Center and Resources for Seniors.

Five Points Center for Active Adults

#166598 Apr 17 F 10:00-11:15am

Papers, Piles, and Post-Its, OH MY!

Age: All Ages. Are you drowning in papers? Are your file cabinets full? Are you afraid to throw out financial documents from year to year? It takes a little organization and preparation to get your financial affairs in order. This class will help you determine what you need to keep, what you can

toss, what you should shred and provide a system that will keep your papers organized and available when you need them.

Sponsored by Resources for Seniors.

Anne Gordon Center for Active Adults

#166600 Feb 19 Th 1:00-2:30pm

Five Points Center for Active Adults

#166601 Feb 16 M 1:00-2:30pm

#166602 Feb 24 T 1:00-2:30pm

Password Management

Age: All Ages. This seminar will help the student understand the importance of good password management, and introduce an application to manage passwords in an secure manner. Presented by Raleigh SeniorTechEd. For questions, please call 919-954-3688. Student Level: completion of Beginning Computers II or equivalent computer knowledge.

Five Points Center for Active Adults

Course Fee: \$20

#166924 Jan 30 F 9:30am-12:00pm

Protect Your Computer

Age: All Ages. Keep viruses from invading your system with tips from our presenter that show you how to determine whether web sites and links are safe to click on for information. Also, anti-virus programs will be suggested for you to use. This seminar is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688. Prerequisite: Intro to Computer Applications or basic computer skills.

Five Points Center for Active Adults

Course Fee: \$20

#166930 Feb 13 F 9:30am-12:00pm

Protecting Your Assests

Age: All Ages. With the increasing costs of nursing homes and medical care, long term care expenses can quickly wipe out all of your savings as well as other assets that you would otherwise be able to preserve and pass along to your loved ones. Join Raleigh attorney Bill Blakemore to learn about how to structure your assets to protect your home and savings from the exorbitant costs of nursing home care.

Anne Gordon Center for Active Adults

#166603 Mar 11 W 1:30am-3:00pm

Five Points Center for Active Adults

#166604 Mar 20 F 10:00-11:30am

Resources for Seniors:

Who Are We and How Can We Help

Age: All Ages. Resources for Seniors will provide a detailed overview of their agency and the many resources that can be valuable to you or your loved ones.

Anne Gordon Center for Active Adults

#166607 Jan 14 W 1:30-3:00pm

Five Points Center for Active Adults

#166608 Feb 23 M 1:00-2:30pm

SHIIP Counseling Appointments

Age: All Ages. Did you know that there are 31 insurance companies licensed to sell supplemental and advantage plans to seniors in Wake County, in addition to Medicare? These 1:1 appointments will help you to understand your options with the Senior Health Insurance Information Program (SHIIP). Our SHIIP expert will help you identify the top two or three plans that best meet your needs. You must pre-register for



an appointment. Please bring your Medicare card and a list of current perscriptions you are currently taking.

Anne Gordon Center for Active Adults

#166614 Jan 5-Apr 27 M 12:00-3:00pm

Five Points Center for Active Adults

#166615 Jan 7-Apr 29 W 10:00am-4:00pm

Skype for Beginners

Age: All Ages. Learn the basics on how to use Skype to communicate with friends and family. This class is brought to you by Raleigh SeniorTech Ed. For more information please call 919-954-3688.

Five Points Center for Active Adults

Course Fee: \$10

#166952 Apr 17 F 9:30am-12:00pm

Stretching Your Family Budget

Age: All Ages. Making ends meet is a challenge. Come learn how to make it easier. You can stretch your dollars by determining what's most important, tracking your expenses, setting financial goals and developing a spending plan. Each of us makes dollar decision every day. Learn new tips on how to save money by reducing expenses, conserving resources, and mastering the art of frugal living. Sponsored by Resources for Seniors.

Anne Gordon Center for Active Adults

#166663 Mar 19 Th 1:00-2:30pm

Five Points Center for Active Adults

#166664 Mar 16 M 1:00-2:30pm

#166665 Mar 17 T 10:15-11:15am

Ten Signs of Hearing Loss

Age: All Ages. Not only is hearing important to your daily life, it is also a major health concern. What is tinnitus and can it be treated? Join us for this informational seminar and learn the ten signs of hearing loss, ways to protect your hearing, and treatment options.

Anne Gordon Center for Active Adults

#166666 Feb 5 Th 2:00-3:00pm

Five Points Center for Active Adults

#166667 Mar 2 M 10:00-11:00am

Understanding Social Security Strategies for Retirement

Age: All Ages. This class will provide information on how Social Security fits into your retirement income plan, when benefits should be taken, and how taxes are best handled. Presented by Resources for Seniors.

Anne Gordon Center for Active Adults

#166668 Apr 23 Th 2:00-3:00pm

Five Points Center for Active Adults

#166669 Mar 19 Th 11:00am-12:00pm

What's Making Your Computer Slow

Age: All Ages. This seminar is an overview of the various issues that can affect your computer's performance and cause it to appear to run 'slow.' It is not necessary, but feel free to bring your own laptop as there will be a number of actions proposed during the seminar that you can try in class. You will leave with a handful of useful tips and suggestions you can try at home. Various

considerations of hardware and software culprits will be discussed as well as 'vital signs' you could monitor throughout your day-to-day use. This seminar is for students who wish to maintain quality performance of their PC. It is recommended for students with more than basic computer skills.

This seminar is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688. Student level:

Experienced PC user. Class applies to Windows 7 and Windows 8.

Five Points Center for Active Adults

Course Fee: \$10

#166678 Jan 9 F 9:30am-12:00pm

#166679 Apr 10 F 9:30am-12:00pm

Where's My Stuff?

Age: All Ages. This course will offer ways to increase your ability to manage data storage and files on your personal computer. You will learn to create folders and organize your data so that it will be easy to retrieve. You will use Windows Explorer to create and manage your file structure. Taught by Raleigh SeniorTechEd – for questions about the course, call 919-954-3688. Student Level: Completed Beginning Computer 1 or equivalent. This course applies to Windows 7 and Windows 8.

Anne Gordon Center for Active Adults

Course Fee: \$25

#166929 Feb 4-25 W 1:30-3:30pm

Windows Live Photo Gallery

Age: 50yrs and up. Learn to use Windows Live Photo Gallery, a free program, to create, edit, and share your photos. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688

Anne Gordon Center for Active Adults

Course Fee: \$17

#168361 Apr 22-29 W 9:30am-12:00pm

Five Points Center for Active Adults

Course Fee: \$17

#166691 Jan 15-22 Th 9:30am-12:00pm

Family

About Boating Safely Courses

Age: 12-80yrs. Class covers basic boating skills, safety equipment, and boat-handling procedures—along with Federal and State boating regulations. This class is designed for both boat and personal water craft users. Newly required NC State boating regulations concerning boat operators require the successful completion of this type of course. Completed course will qualify students for Boaters Insurance Discount Programs through various insurance agencies.

Lake Wheeler – Course Fee: \$35

#168344 Apr 6-8 M,W 6:00-10:00pm

Athletic Aspirations

Age: 10-16yrs. This class focuses on helping students learn how to be successful in school while achieving athletic goals and

establishing a realistic plan for their future. Remember no one plans to fail they simply fail to plan. Don't be one of those. Come to class and get a start on what you need to be successful in athletics as well as other endeavors.

Roberts Park Community Center

#168442 Mar 7 Sa 12:00-1:00pm

Berry O'Kelly Exhibit Hall

Age: All Ages. Come and learn the history of one of the first training and high schools for African-Americans. The Berry O'Kelly Training school was established in 1895 and has an enormous amount of history beyond the walls of the school. Tour the historical site, follow the timeline, see the artifacts and absorb the wonderful history behind a phenomenal school. This will be a great school field trip! Handouts on the history available.

Method Road Community Center

#168698 Jan 2-Feb 5 M-F 10:00am-8:30pm

#168699 Feb 2-27 M-F 10:00am-8:30pm

#168702 Mar 2-31 M-F 10:00am-8:30pm

#168705 Apr 1-30 M-W-F 10:00am-8:30pm

Cake Decorating 101

Age: 12yrs and up. Don't want to be a professional, just want to make cakes look better? This basic cake decorating class will help with that. Classes will cover baking, filling, colors, borders, flowers, decorating, designs and writing.

Carolina Pines Community Center

Course Fee: \$30

Borders and Flowers

#165643 Jan 24 Sa 11:00am-2:00pm

Decorating, Designing, Writing

#165644 Feb 28 Sa 11:00am-2:00pm

Baking, Filling, Cutting

#165645 Mar 28 Sa 11:00am-2:00pm

Icing and Coloring

#165646 Apr 25 Sa 11:00am-2:00pm

Chavis Community Legacy Ceremony

Age: All ages. Come and help celebrate the historic and cultural significance of the Chavis Community. The celebration will consist of a banquet highlighting citizens that have made significant contributions.

Chavis Community Center

#167213 Mar 19 Th 6:30-8:30pm

Digital Photo

Age: 8yrs and up. Want to get off 'Auto'? Learn to operate your digital camera and take your skills to the next level. Personal cameras are required.

Carolina Pines Community Center

Course Fee: \$35

Operating and Techniques

#165647 Jan 14 W 6:30-7:45pm

#165648 Jan 21 W 6:30-7:45pm

#165649 Feb 11 W 6:30-7:45pm

#165650 Feb 18 W 6:30-7:45pm

#165651 Mar 11 W 6:30-7:45pm

#165652 Mar 18 W 6:30-7:45pm

#165653 Apr 15 W 6:30-7:45pm

#165654 Apr 22 W 6:30-7:45pm

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Freedom Shrine

Age: All Ages. Come out and visit this monument. The Freedom Shrine is a collection of original historic American documents photographically reproduced for display. The purpose of the shrine is to encourage citizens of our nation to gain a deeper understanding of the events that took place in the building of America. Ask staff for a trivia hunt sheet to help you discover this unique attraction.

Millbrook Exchange Community Center

#165251 Jan 1-May 2 Daily 10:00am-9:00pm

Genealogy Basics

Age: 12yrs and up. It is a Family Affair: Genealogy Basics – Trying to trace your family heritage? Join other interesting people who are on the same quest. Learn the basics of tracing your family roots. Pre-registration is required at least 1 day in advance of each class.

John P 'Top' Greene Center

#168351 Mar 18 W 6:30-7:30pm
#168352 Apr 15 W 6:00-7:00pm

Genealogy 101

Age: 15yrs and up. If you are curious about your family history, line of lineage, wonder what contry your ancestors oringnated, were there and war veterans in the family, or just love history. Then this basic course will give you all the tools and resources to help you discover who you are and your origins. We all should know where we come from. This is a fun course for families. Laptop or tablet a plus but not required.

Method Road Community Center – Course Fee: \$55
#168684 Apr 11 Sa 11:00am-1:00pm

Homeschool Explorers

Age: 1yrs and up. A cooperative home school support group which provides social and educational activities. Minimum cost per family. For additional information, please visit the website at www.homeschoolexplorers.org or call the Method Community Center.

Method Road Community Center – Course Fee: \$1

#168530 Jan 6-27 T 11:30am-1:30pm
#168531 Feb 3-24 T 11:30am-1:30pm
#168532 Mar 3-17 T 11:30am-1:30pm
#168533 Mar 31 T 11:30am-1:30pm
#168534 Apr 7-28 T 11:30am-1:30pm
#168535 May 5-26 T 11:30am-1:30pm

Lake Wheeler Family Fishing Class

Age: 6-99yrs. Bring the family out to experience and learn the art of fishing. We will cover the fundamentals of fishing including fishing habitat, equipment, and techniques. We will provide equipment if you do not own your own. You and your family will learn how to catch fish and have fun. Limited spots available register today. If you have any questions please contact Lake Wheeler Park 919-662-5704.

Lake Wheeler – Course Fee: \$2

#168340 Mar 21 Sa 9:00-10:00am
#168341 Apr 18 Sa 9:00-10:00am

Learning Nutrition Labels

Age: 20yrs and up. Learning how to read and understand food labels can help you make healthier choices. This class will teach you how to understand the nutritional facts of the labels that are placed on foods. This month you will learn about snacks.

John P 'Top' Greene Center

#168378 Apr 2 Th 6:30-7:30pm

MLK Day Project

Age: 5yrs and up. Participants will discuss the significance of Dr. Martin Luther King. Jr. and explore what they can do to make this world a better place. Youth will celebrate MLK's birthday with arts, crafts, and decorations. Join us in this celebration!

Sanderford Road Park

#168092 Jan 16 F 5:00-6:00pm

Parent Academy / Academia de Padres

Age: 18yrs and up. Workshops aimed at helping families learn to engage with the school system and positively contribute to their child's academic and social success. Tutoring will be provided for children ages 4-13. Talleres que ayudan a las familias con el éxito académico y social de sus hijos. Se ofrecerá tutoría para niños de

4 a 13 años.

Hill Street Center

#165032	Jan 22	Th	6:00-7:30pm
#165031	Jan 29	Th	6:00-7:30pm
#165030	Feb 19	Th	6:00-7:30pm
#165029	Feb 26	Th	6:00-7:30pm
#165033	Mar 19	Th	6:00-7:30pm
#165034	Apr 9	Th	6:00-7:30pm
#165197	Apr 23	Th	6:00-7:30pm

Northeast Outreach Center

#165021	Jan 14	W	10:30am-12:00pm
#165022	Feb 11	W	10:30am-12:00pm
#165023	Mar 11	W	10:30am-12:00pm
#165024	Apr 8	W	10:30am-12:00pm

Peach Road

#165234	Jan 21	W	6:00-7:30pm
#165235	Feb 18	W	6:00-7:30pm
#165236	Mar 18	W	6:00-7:30pm
#165237	Apr 15	W	6:00-7:30pm

Proud To Be Me

Age: 5-65yrs. Come join us for this celebration of black histoy. This is an interactive workshop. It offers something for everyone. Games, trivia questions, spoken history, performances and whatever you would like to contribute. Refreshments will be served. We will see you at the celebration.

Roberts Park Community Center

#168231 Feb 12 Th 1:00-2:30pm



Fitness



Preschool

Fitness – Preschool Fitness

Age: 2-5yrs. Celebrate National Preschool Fitness Day by being active! We will have a variety of sports and fitness equipment available for children to run, jump, climb and throw. There will also be some activities about staying healthy. This is a drop in program. Parent supervision is required.

Barwell Road Community Center

#168291 Jan 30 F 10:00am-12:00pm

Fitness – Super Hero Training

Age: 3-4yrs. Super Heroes need to be in good shape! Training during this fun fitness class will include stretching, running and leaping. Super heroes will be able to better reach kiffens in trees, race speeding trains and leap tall buildings.

Barwell Road Community Center – Course Fee: \$4

#167205 Feb 9 M 5:00-5:45pm

Gymnastics – Tumbling Tinies

Age: 9-24mths. Parent and child participate in a fun filled class that enhances balance, fitness and social skills. Tots will enjoy music, silly dances, tunnels, slides, obstacle courses, parachute play and more! This class provides a time of fun and togetherness for you and your little one while building their motor skills. Instructor: Bethany Schlegel, BS in Education

and former USGA Gymnast. \$40

Brier Creek Community Center – Course Fee: \$30

#167820 Mar 5-19 Th 9:30-10:15am

Brier Creek – Course Fee: \$40

#167818 Jan 8-29 Th 9:30-10:15am

#167819 Feb 5-26 Th 9:30-10:15am

#167821 Apr 9-30 Th 9:30-10:15am

Greystone Community Center – Course Fee: \$40

#167590 Jan 6-27 T 9:30-10:15am

#167591 Feb 3-24 T 9:30-10:15am

#167592 Mar 3-31 T 9:30-10:15am

#167593 Apr 7-28 T 9:30-10:15am

Gymnastics – Tumbling Tots

Age: 2-3yrs. Parent and child participate in a fun filled class that enhances motor skills, strength, balance, fitness and social skills. Children enjoy beginning gymnastic skills, obstacle courses, music, silly dances, parachute play and more! Have fun bonding with your child while they release energy in a fun and safe setting. Instructor: Bethany Schlegel, Former USGA Gymnast, BS in Elementary Education. \$40

Brier Creek Community Center

Course Fee: \$30

#167830 Mar 5-19 Th 10:30-11:15am

Course Fee: \$40

#167828 Jan 8-29 Th 10:30-11:15am

#167829 Feb 5-26 Th 10:30-11:15am

#167831 Apr 9-30 Th 10:30-11:15am

Greystone Community Center

Course Fee: \$40

#167598 Jan 6-27 T 10:30-11:15am

#167599 Feb 3-24 T 10:30-11:15am

#167600 Mar 3-31 T 10:30-11:15am

#167601 Apr 7-28 T 10:30-11:15am

Gymnastics – Tumble Time

Age: 3-4yrs. Children are introduced to the basics of gymnastics in a fun and playful class. Your child will experience the fun of doing flexibility moves, stunts, beam, bars, obstacle courses, parachute play and more! Course designed to help youth release energy while developing strength, flexibility, coordination and confidence. Instructor:

Bethany Schlegel: Former USGA Gymnast, BS in Elementary Ed. \$40

Brier Creek Community Center

Course Fee: \$30

#167834 Mar 5-19 Th 11:30am-12:15pm

Course Fee: \$40

#167832 Jan 8-29 Th 11:30am-12:15pm

#167833 Feb 5-26 Th 11:30am-12:15pm

#167835 Apr 9-30 Th 11:30am-12:15pm

Karate –

Traditional Japanese Style Tiny Tots

Age: 3-5yrs. Traditional Japanese Karate that promotes physical fitness, discipline, and self-defense. Little ones will learn proper striking with use of their hands, arms, legs and feet, as well as proper self defense.

Ralph Campbell Community Center – Course Fee: \$15

#168224 Jan 3-31 Sa 12:00-1:00pm

Karate Introduction for Kids

Age: 4-6yrs. Kids love karate for the big movements, new skills and self confidence. Parents love karate for exercise, increased focus, and good manners. KIK helps boys and girls with no karate or classroom experience improve coordination and listening through Japanese karate. Instructor: Triangles Best Karate.

Brier Creek Community Center – Course Fee: \$36

#167926 Mar 5-26 Th 5:30-6:00pm

#167927 Jan 8-29 Th 5:30-6:00pm

#167928 Feb 5-26 Th 5:30-6:00pm

#167929 Apr 9-30 Th 5:30-6:00pm

Kidokinetics Jr.

Age: 18mths-3yrs. Kidokinetics Jr. is a unique and dynamic all around sports fitness program for toddlers and their grownups! Move, stretch and build confidence together while learning fitness and sports fundamentals. Our dynamic curriculum is designed to get toddlers engaged in active play in order to encourage a positive attitude toward sports and physical exercise in a fun, noncompetitive environment. Activities include soccer, parachute games, tennis, basketball, volleyball, obstacle courses, baseball, hula-hoops and lots more!

Laurel Hills Community Center – Course Fee: \$40

#167390 Jan 7-28 W 10:15-11:00am

#167391 Feb 4-25 W 10:15-11:00am

#167392 Mar 4-25 W 10:15-11:00am

#167393 Apr 1-22 W 10:15-11:00am

#167397 Apr 29-May 20 W 10:15-11:00am

Kidokinetics Preschool Sports

Age: 3-6yrs. Kidokinetics is a fun, noncompetitive all around sports fitness program designed to enhance kids coordination and concentration and improve muscle tone and cardiovascular fitness.

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We introduce an age appropriate sport or activity each week, focusing on basic gross motor skills and sport fundamentals while instilling the importance of physical activity and fitness. Activities include soccer, hockey, tennis, basketball, volleyball, golf, obstacle courses, baseball, hula hoops and lots more!

Laurel Hills Community Center

Course Fee: \$30

#167340 Apr 6-20 M 3:45-4:30pm

Course Fee: \$40

#167337 Jan 5-Feb 2 M 3:45-4:30pm

#167338 Feb 9-Mar 2 M 3:45-4:30pm

#167339 Mar 9-30 M 3:45-4:30pm

Kinder Tae Kwon Do

Age: 4-6yrs. Martial arts class for youth.

This program provides introductory instruction in Tae Kwon Do. Parents are encouraged to sit in and observe.

Lions Park Community Center – Course Fee: \$25

#168454 Jan 8-29 Th 6:30-7:30pm

#168455 Feb 5-26 Th 6:30-7:30pm

#168456 Mar 5-26 Th 6:30-7:30pm

#168457 Apr 2-23 Th 6:30-7:30pm

Martial Arts for Toddlers

Age: All Ages. New and fun activity for your energetic tot! This abbreviated Martial Arts Program, instructed by EJ Matthews, is a form of discipline which provides students with valuable skills.

Billmore Hills Community Center – Course Fee: \$50

#167915 Jan 7-28 W 10:30-11:00am

#167919 Feb 4-25 W 10:30-11:00am

#167920 Mar 4-25 W 10:30-11:00am

#167921 Apr 1-22 W 10:30-11:00am

Mommy and Me Movement

Age: 5-30mths. A professionally run class for parents and their children aged 5 months-2.5 years. Through interactive games, lively music and simple combinations babies and parents alike can experience the joy of rhythm and dance. Come join this amazing collaboration of play and movement, and burn a few calories while you're at it!

Greystone Community Center – Course Fee: \$40

#167634 Jan 8-29 Th 11:00-11:45am

#167635 Feb 5-26 Th 11:00-11:45am

#167636 Mar 5-26 Th 11:00-11:45am

#167637 Apr 2-23 Th 11:00-11:45am

MUNCHkin Fitness

Age: 3-5yrs. This class will create a space for your toddler to wiggle while learning the value of exercise and basic functions of their muscles, bones and heart! Your munchkin will improve coordination, balance and strength through fun, games and activities.

Green Road Community Center

Course Fee: \$27

#165109 Mar 3-24 T 5:00-5:45pm

Course Fee: \$36

#165107 Mar 3-24 T 4:00-4:45pm

#165108 Apr 7-28 T 4:00-4:45pm

#165110 Apr 7-28 T 5:00-5:45pm

Tiny Tot Fitness

Age: 3-5yrs. This program teaches preschoolers the importance of physical fitness through games and recreation activities. Students will learn hand-to-eye and hand-to-foot coordination, how to follow instructions, colors, numbers and alphabets. It's so fun they don't realize they are learning.

Roberts Park Community Center – Course Fee: \$30

#168258 Mar 5-Apr 9 Th 10:00am-12:00pm

Youth

CHEER-R-US

Age: 6-12yrs. Participants will learn Technique, Cheer's, Spirit, Confidence and Team bounding throughout this exciting adventure. This energetic clinic will give your little one's a healthy first steps towards an active lifestyle while building teamwork, trust and cooperation. Instructor certified coach, who has four years of cheering experience on collegiate level.

Lions Park Community Center – Course Fee: \$10

#168693 Feb 21 Sa 10:00am-11:00pm

#168697 Feb 28 Sa 10:00am-11:00pm

#168700 Mar 7 Sa 10:00am-11:00pm

#168704 Mar 14 Sa 10:00am-11:00pm

#168706 Mar 21 Sa 10:00am-11:00pm

#168707 Mar 28 Sa 10:00am-11:00pm

Danzas Aztecas

Age: 6yrs and up.

Marsh Creek Park

#168173 Jan 4-Apr 26 Su 2:30-5:30pm

Fitness – Super Hero Training

Age: 5-8yrs. Super Heroes need to be in good shape! Training during this fun fitness class will include stretching, running and leaping. Super heroes will be able to better save kittens in tall trees, race speeding trains and leap tall buildings.

Barwell Road Community Center – Course Fee: \$4

#168901 Feb 9 M 6:00-6:45pm

Homeschool Open Gym – Millbrook

Age: 5-17yrs. Calling all home schoolers in the Millbrook area. Join us for open gym each Tuesday. Staff will provide equipment, you provide the fun. Great way to get some midday wiggles out before school starts back again in the afternoon and an opportunity to meet other home school students in your neighborhood.

Millbrook Exchange Community Center

#165249 Jan 6-Apr 28 T 10:30am-12:30pm

Karate – Junior Kicks

Age: 5-12yrs. The Martial Arts style we teach is called American Karate. Junior classes reinforce academic excellence, self-esteem, confidence, and respect. Additional life-skills and self-defense topics are incorporated within our curriculum. We also teach purposeful karate games that are designed to enhance mental focus, coordination, endurance, and strength. The kids really enjoy having fun and don't even realize how much they are learning! We emphasize that

karate techniques only be practiced in our class and not in school or on a playground. A one time Uniform Fee of \$35 must be paid separately to the instructor or you may bring your own. See website for details www.4kicksma.com or call 919-985-9757.

Hill Street Center – Course Fee: \$60

#167425 Jan 12-Mar 23 M 5:00-6:00pm

#167426 Mar 30-Jun 8 M 5:00-6:00pm

Karate Tigers

Age: 6-12yrs. This is a Karate program to help improve your child's focus, patience, teamwork, leadership, balance, coordination, flexibility and self defense. We also teach stranger awareness and how to walk away from trouble and confrontations through the art of traditional Okinawan Shorin Ryu Matsubayashi Ryu Karate Do.

Laurel Hills Community Center – Course Fee: \$36

#166936 Jan 10-31 Sa 9:15-10:00am

#166937 Feb 7-28 Sa 9:15-10:00am

#166938 Mar 7-28 Sa 9:15-10:00am

#166939 Apr 4-25 Sa 9:15-10:00am

Karate Youth!

Age: 5-11yrs. Learn Japanese karate basics of punches, blocks, kicks, and stances in a fun, structured and safe environment.

Benefits include improved listening, coordination, manners, and self discipline.

Instructors are experienced karate instructors from AAU, Triangle Best Karate.

Brier Creek Community Center

Course Fee: \$27

#167931 Jan 5-26 M 5:45-6:15pm

Course Fee: \$36

#167932 Feb 2-23 M 5:45-6:15pm

#167933 Mar 2-23 M 5:45-6:15pm

#167935 Apr 6-27 M 5:45-6:15pm

Martial Arts – American Kenpo Karate Youth

Age: 4-12yrs. Learn traditional American Kenpo Karate while improving personal skills like respect, discipline, confidence, pride, balance, coordination and self defense.

All students will enjoy personal benefits from karate while challenging yourself both mentally and physically. This is a family class, have fun while learning together. Classes taught by certified organization. Testing and certification will require an additional \$20 fee paid to instructor. Testing is not a requirement. Instructor: Mr. Jim LeClair.

Marsh Creek Park

Course Fee: \$30

#167751 Jan 5-28 M,W 5:15-6:00pm

#167752 Feb 2-25 M,W 5:15-6:00pm

#167753 Mar 2-30 M,W 5:15-6:00pm

#167754 Apr 1-29 M,W 5:15-6:00pm

Course Fee: \$40

#167751 Jan 5-28 M,W 5:15-6:00pm

#167752 Feb 2-25 M,W 5:15-6:00pm

#167753 Mar 2-30 M,W 5:15-6:00pm

#167754 Apr 1-29 M,W 5:15-6:00pm

Course Fee: \$50

#167751 Jan 5-28 M,W 5:15-6:00pm

#167752 Feb 2-25 M,W 5:15-6:00pm

#167753 Mar 2-30 M,W 5:15-6:00pm

#167754 Apr 1-29 M,W 5:15-6:00pm

Martial Arts – Chinese Kenpo Karate – Youth

Age: 7-12yrs. Learning effective self-defense through Kenpo promotes self-confidence, concentration, goal-setting, assertiveness (not aggressiveness) and self-discipline. There are no 'bench-warmers' in Kenpo, everybody participates and everybody benefits. Children in Kenpo are often leaders in their peer group. Belt level testing fee payable to the instructor applies, but testing is not required. Uniform and patches required after four calendar months or upon testing, available through instructor. Local school affiliated with an international organization. Instructor: Bill Parsons/Triangle Kenpo Institute.

Millbrook Exchange Community Center

Course Fee: \$40

#165268	Jan 5-28	M,W	6:15-7:00pm
#165269	Feb 2-25	M,W	6:15-7:00pm
#165270	Mar 2-25	M,W	6:15-7:00pm
#165271	Apr 1-27	M,W	6:15-7:00pm

Martial Arts – Youth Shotokan

Age: 6-14yrs. Shotokan builds character through the training of martial arts. Participants will master the different components of Shotokan style Karate. Benefits of the class will also include building confidence, increase motor skills, discipline, self defense, self control and more. This class is taught in a group setting with some individual instruction. Instructor is Eric Blaize.

Barwell Road Community Center – Course Fee: \$15

#166427	Jan 5-28	M,W	6:00-7:00pm
#166428	Feb 2-25	M,W	6:00-7:00pm
#166429	Mar 2-30	M,W	6:00-7:00pm
#166430	Apr 1-29	M,W	6:00-7:00pm

Sportkinetics Sports and Fitness

Age: 6-10yrs. Kidokinetics Sportkinetics Sports and Fitness is a fun, noncompetitive all around sports fitness program designed to enhance coordination and concentration and improve muscle tone and cardiovascular fitness. We introduce a different sport or activity each week, focusing on basic fine and gross motor skills and sport fundamentals while instilling the importance of physical activity and fitness. This is a great class for kids who don't necessarily love competitive sports, or are on the off season, but love to be active. Activities include soccer, hockey, tennis, basketball, volleyball, golf, badminton, yoga, kickball and lots more.

Laurel Hills Community Center – Course Fee: \$40

#167411	Jan 5-Feb 2	M	4:45-5:30pm
#167412	Feb 9-Mar 2	M	4:45-5:30pm
#167413	Mar 9-30	M	4:45-5:30pm
#167414	Apr 6-27	M	4:45-5:30pm



Teen

Boxing Boot Camp – Teens

Age: 13-18yrs. Boxing boot camp classes will teach teens self-discipline, team work, leadership skills and healthy living. The class will introduce you to the basic skills of glove boxing. Each class consists of a variation of cross-training boxing, 1-on-1 pad punching, an intense abs workout, calisthenics and more! Each session is different and designed to burn calories.

Method Road Community Center – Course Fee: \$40

#168444	Jan 10-31	Sa	10:00-11:30am
#168448	Feb 7-28	Sa	10:00-11:30am
#168451	Mar 7-28	Sa	10:00-11:30am
#168452	Apr 4-25	Sa	10:00-11:30am

Adult

Belly Dance Beyond Beginning

Age: 18yrs and up. After taking Belly Dance for Beginners, this class will introduce you to more of the mysteries of belly dance. You will learn what to do with your hips, torso, arms and belly while moving to exotic Middle Eastern music. These movements take you from gentle stretching to aerobic shimmies and will have you burning calories while having fun. Learn moves that are sultry, flirty, and graceful. You will have a new appreciation for the beauty within you and the power of your body. Class is 55 minutes long. Wear comfortable pants. Shoes are not worn in class. Kasha instructs. For additional information go to Kasha's website: www.kashabellydance.com

Lake Lynn Community Center – Course Fee: \$88

#167918	Jan 6-Feb 24	T	8:00-8:55pm
#167922	Mar 3-Apr 21	T	8:00-8:55pm

Belly Dance for Beginners

Age: 18yrs and up. Have you always been curious about belly dancing but were afraid to try it? Or, have you just put it off? Have you been looking for a new form of exercise that will excite your imagination? Now is your chance! For a short while, Kasha is offering a 'for Beginners Only' class that will answer all your questions about this amazing dance. Every woman CAN belly dance. It's a natural movement that just takes a little bit of instruction to bring out. The right exotic music, the right instructor and you too can dance the dance of the Arabian Nights tales. The class is for Beginners only, so no previous dance experience is necessary. Just wear comfortable clothing, bring socks or bare feet, and surprise yourself at how much you can do. Pictures of women just like you can be seen on Kasha's website www.kashabellydance.com for inspiration. If they can, why not you!

Lake Lynn Community Center – Course Fee: \$88

#167836	Jan 6-Feb 24	T	7:00-8:00pm
#167913	Mar 3-Apr 21	T	7:00-8:00pm

Bollywood Dance for Fun and Exercise

Age: 18yrs and up. Kasha will be teaching the exhilarating and beautiful Bollywood dance style of India. Bollywood is a dance that combines eastern dances like Bangra which is seen on *So You Think You Can Dance* with western dances like hip hop and middle eastern belly dance. You will find that Bollywood dance is fun and energetic, as well as an excellent aerobic exercise. Women of all ages, shapes, sizes and fitness levels are welcome. Come prepared to have fun, shake your shoulders and

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swing your hips to this contagious fusion style of dance. It is easy to learn with no previous dance experience. Kasha will be teaching a complete choreography in this class. For more information go to www.kashabellydance.com.

Lake Lynn Community Center – Course Fee: \$88
#167884 Jan 5-Mar 2 M 7:00-7:55pm
#167912 Mar 9-Apr 27 M 7:00-7:55pm

Boxing Boot Camp

Age: 16yrs and up. Boxing boot camp classes benefit anyone craving a higher intensity one hour total body workout. The class will introduce you to the basic skills of glove boxing. Each class consists of a variation of cross-training boxing, 1-on-1 pad punching, an intense abs workout, calisthenics and more! Each session is different and designed to burn calories.

Method Road Community Center – Course Fee: \$35
#168403 Jan 8-29 Th 7:30-8:30pm
#168404 Feb 5-26 Th 7:30-8:30pm
#168406 Mar 5-26 Th 7:30-8:30pm
#168407 Apr 9-30 Th 7:30-8:30pm

Capoeira

Age: 18yrs and up. Capoeira is a unique Brazilian art form that infuses dance, music, gymnastics, self-defense and the Portuguese language. Those that practice this art form, appear to defy gravity as they jump, flip, spin and cartwheel through the air. It embodies a discipline, mind set and gives a rhythm to their lives as a martial art that is clever and deceptive. Often appearing vulnerable, the good Capoeirista knows the right time to strike back with lethal power and grace. Musically, it is enchanting. Beautiful melodies, pulsating rhythms and the cries and shouts of the crowd blend into one intensely charged atmosphere perfect for the game of Capoeira. This class takes place on Mondays and Wednesdays, and it is FREE to the public!

Marsh Creek Park
#166689 Jan 5-Apr 29 M,W 6:30-8:30pm

Cardio Ballet

Age: 15yrs and up. Join friends for ballet infused exercises set to fun, upbeat music. This class offers a chance for a full body workout in a structured, fun environment with ballet based movements. Barre, floor and center work will be incorporated. Friends ages 15 to adult are welcome to join!

Greystone Community Center – Course Fee: \$40
#167640 Jan 8-29 Th 12:00-12:45pm
#167641 Feb 5-26 Th 12:00-12:45pm
#167642 Mar 5-26 Th 12:00-12:45am
#167643 Apr 2-23 Th 12:00-12:45pm

Cardio Dance Fusion – Marsh Creek

Age: 18yrs and up. Do you need to add more cardio and toning to your workout regimen? Come join us for a great workout with the hottest instructors! Cardio Dance Fusion will consist of Zumba®, kickboxing,

cardio hip-hop / toning, and cardio line dancing.

Marsh Creek Park – Course Fee: \$5

#166692	Jan 8	Th	7:00-8:15pm
#166693	Jan 15	Th	7:00-8:15pm
#166694	Jan 22	Th	7:00-8:15pm
#166695	Jan 29	Th	7:00-8:15pm
#166696	Feb 5	Th	7:00-8:15pm
#166697	Feb 12	Th	7:00-8:15pm
#166698	Feb 19	Th	7:00-8:15pm
#166699	Feb 26	Th	7:00-8:15pm
#166700	Mar 5	Th	7:00-8:15pm
#166701	Mar 12	Th	7:00-8:15pm
#166702	Mar 19	Th	7:00-8:15pm
#166703	Mar 26	Th	7:00-8:15pm
#166704	Apr 2	Th	7:00-8:15pm
#166705	Apr 9	Th	7:00-8:15pm
#166706	Apr 16	Th	7:00-8:15pm
#166707	Apr 23	Th	7:00-8:15pm
#166708	Apr 30	Th	7:00-8:15pm

Cardio Fitness Workout Class

Age: 18yrs and up. Physically, Tae Kwon Do develops strength, speed, balance, flexibility, and stamina. Along with a cardio workout this class will focus on physical fitness.

By incorporating calisthenics, tae kwon do basics and a cardio/strength training program that works on multiple body areas including core, arms and legs. The design of the class is to increase physical fitness along with the benefits of a healthier body.

Lions Park Community Center

Course Fee: \$12
#168438 Jan 2-23 F 7:30-8:30pm
#168439 Feb 6-27 F 7:30-8:30pm
#168440 Mar 6-27 F 7:30-8:30pm
#168441 Apr 3-24 F 7:30-8:30pm
Course Fee: \$20
#168438 Jan 2-23 F 7:30-8:30pm
#168439 Feb 6-27 F 7:30-8:30pm
#168440 Mar 6-27 F 7:30-8:30pm
#168441 Apr 3-24 F 7:30-8:30pm

Chair Yoga – Yoga for 50+

Age: 18-95yrs. The purpose of this class is to increase our ability to enjoy life. This class includes stretches to increase range of motion, balancing poses to strengthen muscles that support joints, and breath awareness to promote a calm mind and body. Although, this is a chair yoga class we use the chair not to sit in but as a prop and with the wall to support every pose so it's safe and accessible. The class' dynamic format will increase fitness, be challenging but at a level appropriate for folks 50+.

Lake Johnson – Course Fee: \$50

#166880	Jan 6-Feb 10	T	6:00-7:00pm
#166881	Feb 24-Mar 31	T	6:00-7:00pm
#166884	Apr 14-May 19	T	6:00-7:00pm

Couch to 5K

Age: 7yrs and up. Couch to 5k' is a free 9-week fitness and wellness program designed for inexperienced runners interested in working towards running a 5k (or 30 minutes). Participants will receive a step by step plan preparing them to walk, jog and then run. Weekly running meetings will allow for continued motivation, support and inspiration. An added bonus to this program

is family involvement. Wake County 4-H and Raleigh Parks Recreation and Cultural Resources will engage children, ages 7+, in physical activities preparing them to complete a 5K with their parent(s). At the end of the 9 weeks, families and participants can sign up for a local 5K to show off newly developed running ability. If you are planning on bringing your child, please make sure to register them too.

Buffaloe Road Athletic Park

#165447 Mar 4-Apr 29 W 5:30-6:30pm

Dance and Get Fit – Daily

Age: 16yrs and up. Come and join us and get the best of both worlds: dancing and exercising. Dance and Get Fit is a total body work out that uses soul dancing, cardio hip hop, reggaeton and more to get into shape. You will love the class and the music is great. Our motto is MOVE, SWEAT and have FUN.

Optimist Community Center – Course Fee: \$5

#168754 Jan 6-Apr 28 T 6:30-7:30pm

Dance N 2 Shape

Age: 16yrs and up. Why exercise when you can Dance N2 Shape? Welcome to Dance N2 Shape where we are putting the fun back into fitness for women. We offer dance-based fitness classes designed to give you a total body workout and enable you to lose unwanted pounds, gain muscle and improve your overall health and appearance while doing something you enjoy.... DANCING...

Tarboro Road Community Center – Course Fee: \$20

#166850	Jan 3-31	Sa, W	10:00-11:00am
#166851	Feb 4-28	W, Sa	6:30-7:30pm
#166852	Mar 4-28	W, Sa	6:30-7:30pm
#166853	Apr 1-29	W, Sa	6:30-7:30pm

Exercise – Fitness Centers

Age: 18yrs and up. Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

Barwell Road	919-996-5994	Course Fee \$15
Biltmore Hills	919-831-6895	Course Fee \$15
Brier Creek	919-420-2340	Course Fee \$15
John Chavis	919-831-6989	Course Fee \$10
Carolina Pines	919-831-6435	Course Fee \$15
Green Road	919-872-4140	Course Fee \$15
Halifax	919-831-6378	Course Fee \$10
Jaycee	919-996-6833	Course Fee \$15
Lake Lynn	919-870-2911	Course Fee \$15
Laurel Hills	919-420-2383	Course Fee \$15
Lions	919-831-6995	Course Fee \$12
Marsh Creek	919-996-4920	Course Fee \$10
Method	919-831-6066	Course Fee \$12
Millbrook	919-996-4156	Course Fee \$15
Pullen	919-831-6052	Course Fee \$10
Roberts	919-831-6830	Course Fee \$15
Tarboro Road	919-831-6505	Course Fee \$10
Worthdale	919-250-2730	Course Fee \$15
City Wide Pass		Course Fee \$20

Exercise – Kripalu Yoga Beginning

Age: 16yrs and up. Yoga is an ancient art that combines postures for the body, breathing for relaxation, and meditation for the mind. Kripalu Yoga is a gentle yoga that encourages students to discover their own degree of flexibility rather than push past their limits. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Susan Kilmon instructs.

Sertoma Arts Center – Course Fee: \$72

#165730	Jan 12-Feb 23	M	6:15-7:15pm
			no class Jan 19
#165731	Jan 12-Feb 23	M	7:30-8:30pm
			no class Jan 19
#165732	Jan 13-Feb 17	T	12:00-1:00pm
#165733	Mar 10-Apr 21	T	12:00-1:00pm
			no class Apr 7
#165734	Mar 9-Apr 20	M	6:15-7:15pm
			no class Apr 6
#165735	Mar 9-Apr 20	M	7:30-8:30pm
			no class Apr 6

Exercise – Kripalu Yoga Continuing

Age: 16yrs and up. This course is a continuation of Kripalu Yoga Beginning class. Students should have taken the beginning class or have yoga experience. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Susan Kilmon instructs.

Sertoma Arts Center – Course Fee: \$48

#165828	Jan 14-Feb 18	W	7:30-8:30pm
#165829	Mar 11-Apr 22	W	7:30-8:30pm
			no class Apr 8
#165830	Jan 15-Feb 19	Th	12:00-1:00pm
#165831	Mar 12-Apr 23	Th	12:00-1:00pm
			no class Apr 9

Exercise – Kripalu Yoga Continuing with Meditation

Age: 16yrs and up. This course is a continuation of Kripalu Yoga Beginning class that includes a meditation component. Students should have taken the beginning class or have yoga experience. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Susan Kilmon instructs.

Sertoma Arts Center – Course Fee: \$48

#165826	Jan 14-Feb 18	W	6:15-7:15pm
#165827	Mar 11-Apr 22	W	6:15-7:15pm
			no class Apr 8

Exercise – Nia

Age: 13yrs and up. Fitness for the body, mind and spirit. Nia integrates movements from dance, the martial arts and yoga to create a fitness experience that is high-energy, expressive and fun. This non-impact form is a safe, body-centered workout that is adaptable for all fitness levels. Laura Ghantous instructs.

Sertoma Arts Center – Course Fee: \$48

#165940	Jan 17-Feb 21	Sa	10:00-11:00am
#165941	Mar 14-Apr 25	Sa	10:00-11:00am
			no class Apr 4

Exercise – Nia Basics

Age: 13yrs and up. This class will start with the 52 moves of Nia—one move per minute and end with a playful exploration of the moves. Laura Ghantous instructs.

Sertoma Arts Center – Course Fee: \$13

#165947	Jan 10	Sa	10:00-11:30am
#165948	Mar 7	Sa	10:00-11:30am

Exercise – Power Hour Boot Camp

Age: 16yrs and up. Sixty minutes of high intensity circuit training and interval training that incorporates building muscles, core strength and endurance. This class is for participants looking to trim down and tone up! If you are looking to break a sweat, this class is for you! Newcomers and advanced participants are both welcomed. Instructor, Alison Bender. \$24

Brier Creek Community Center

Course Fee: \$21

#167837	Jan 5-29	M,Th	6:30-7:30pm
			Course Fee: \$24
#167838	Feb 2-26	M,Th	6:30-7:30pm
#167839	Mar 2-26	M,Th	6:30-7:30pm
#167840	Apr 6-30	M,Th	6:30-7:30pm

Exercise – Tai Chi Workout

Age: 13yrs and up. Tai Chi is an ancient Chinese form of physical exercise and soft martial art. It is focused on enhancing energy, physical balance and strength, and mental concentration. This 75-minute class will teach skills of body alignment, balance, coordination, and stepping. It will provide you a whole body workout and energy cultivation. Dr. Turner instructs.

Sertoma Arts Center – Course Fee: \$48

#168168	Jan 8-29	Th	7:00-8:15pm
#168169	Feb 5-26	Th	7:00-8:15pm
#168170	Mar 12-Apr 2	Th	7:00-8:15pm
#168171	Apr 9-30	Th	7:00-8:15pm

Exercise – Zumba at Sertoma Arts

Age: 16yrs and up. Zumba is dance fitness using music and rhythms from around the world. No dance experience necessary. Basic steps of Salsa, Merengue, Bachata, Cha Cha, Reggeton, Quebradita, Bhangra, African Dance, East Coast Swing and more. Treat yourself to one hour of fun and sweat. You'll leave feeling great! Instruction given in English and Spanish. Come join the party! Bring a towel and water bottle. Diana Call instructs.

Sertoma Arts Center – Course Fee: \$48

#166404	Jan 13-Feb 17	T	6:00-7:00pm
#166405	Mar 10-Apr 14	T	6:00-7:00pm
#166406	Jan 16-Feb 20	F	11:00am-12:00pm
#166407	Mar 13-Apr 24	F	11:00am-12:00pm
			no class Apr 3

F.A.B. (Fit And Beautiful/Buff) through Natural Nutrition

Age: 16yrs and up. Want to be a healthy weight but tired of fad diets? Don't know how to read a food label? Confused by new health claims and conflicting medical reports in the news? Then this support group is for you! Learn basic nutrition as we strategize real world steps for long-term health. Topics include what to order when eating out and what to look for when grocery shopping.

Our goals are learning best practices and thriving DAILY for life-long success. Be your awesome best NOW! Class meets at Brentwood Neighborhood Center (3315 Vinson Court, 27604).

Brentwood Park – Course Fee: \$65

#165433	Jan 8-Feb 26	Th	5:30-6:30pm
#165434	Mar 12-Apr 30	Th	5:30-6:30pm

Feet Meet Sneek

Age: 55-80yrs. A walking program for persons 55 years of age and over. Your feet will contribute to your improved health. An inexpensive exercise program that provides both therapeutic and social benefits. One foot in front of the other and you are on your way to a healthier and happier life.

Roberts Park Community Center – Course Fee: \$5

#168225	Mar 5-26	Th	10:00-11:00am
#168226	Apr 2-23	Th	9:30-10:30am

Fit in 30

Age: 16yrs and up. You will love this High Intensity Interval Training workout (HIIT). It has been highly successful based on the principles that help you burn calories well after you have completed your workout.

Regular cardio workouts only burn calories while you are exercising. What! You don't have time to exercise! This workout is only 30 minutes and movements are modified to your ability when you walk in the door. Please come prepared in comfortable clothing. Instructor: Stephanie Whitten, Certified Personal Trainer.

Lake Lynn Community Center

Course Fee: \$35

#168181	Jan 5-28	M,W	9:00-9:30am
#168185	Jan 5-28	M,W	6:00-6:30pm
			Course Fee: \$40
#168182	Feb 2-25	M,W	9:00-9:30am
#168183	Mar 2-25	M,W	9:00-9:30am
#168184	Apr 6-29	M,W	9:00-9:30am
#168186	Feb 2-25	M,W	6:00-6:30pm
#168187	Mar 2-25	M,W	6:00-6:30pm
#168188	Apr 6-29	M,W	6:00-6:30pm

Laurel Hills Community Center

Course Fee: \$40

#166925	Jan 6-29	T,Th	7:30-8:00pm
#166926	Feb 3-26	T,Th	7:30-8:00pm
#166927	Mar 3-26	T,Th	7:30-8:00pm
#166928	Apr 7-30	T,Th	7:30-8:00pm

Fitness – Halifax Personal Trainer

Age: 18yrs and up. Fit24K Personal Trainer and Wellness coaches design a specific workout tailored to fit your overall personal fitness goals.

Halifax Community Center – Course Fee: \$30

#168645	Jan 5-31	M-Sa	10:00am-7:00pm
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Fitness – Pullen Personal Trainer

Age: 18yrs and up. Certified Personal Trainer, Advanced Personal Trainer and Senior Fitness Specialist, Ervin Mitchell, Sr. can help you design a workout that is right for you. Focus on increasing your flexibility, body toning, strength training, and cardiovascular fitness. One hour sessions are available by appointment only.

Pullen Community Center – Course Fee: \$30

#167360	Jan 2-Apr 30	M-Sa	10:00am-9:00pm
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Fitness – Yoga for Beginners

Age: 18yrs and up. The perfect introduction to Yoga, teaching the fundamentals of postures (asana), breathing (pranayama), and relaxation in a safe and nurturing environment. Using a slower blend of vinyasa (flowing), this class moves through all the main postures, with a focus on correct alignment and ease of purpose. Pranayama is incorporated into all the movements, so fantastic feelings of inner calm are felt. This practice ends with deep relaxation, breathing, and meditation to remove impurities and bring a sense of wellbeing to the body and radiant peace to the mind.

Method Road Community Center – Course Fee: \$30
#168635 Jan 8-29 Th 6:00-7:00pm
#168636 Feb 5-26 Th 6:00-7:00pm
#168637 Mar 5-26 Th 6:00-7:00pm
#168638 Apr 9-30 Th 6:00-7:00pm

Fitness – Zumba

Age: 12yrs and up. Zumba is dance fitness that infuses rhythms of Latin and international music combined to making exercising fun! Learn basic steps to Salsa, Merengue, Cumbia, Samba and more! No dance experience necessary. Transform your body to a healthier you! Don't wait any longer, come join the Zumba Party!

Greystone Community Center – Course Fee: \$5
#168723 Jan 8-Apr 30 Th 6:00-7:00pm

Fitness Pass

Age: 18yrs and up. Interested in utilizing the Fitness Room but want to try it out first? Register for a daily pass.

Green Road Community Center – Daily Fee: \$2
#165056 Jan 1-31 Daily 10:00am-9:00pm
#165057 Feb 1-28 Daily 1:00-6:00pm
#165058 Mar 1-31 Daily 1:00-6:00pm
#165059 Apr 1-30 Daily 10:00am-9:00pm

Halifax Community Center – Course Fee: \$2
#168356 Jan 5-Feb 3 M-Sa 10:00am-9:00pm
#168357 Feb 2-Mar 6 M-Sa 10:00am-9:00pm
#168358 Mar 2-Apr 4 M-Sa 10:00am-9:00pm
#168359 Apr 6-May 6 M-Sa 10:00am-9:00pm

Pullen Community Center – Course Fee: \$2
#167713 Jan 2-31 M-Sa 10:00am-9:00pm
#167714 Feb 2-28 M-Sa 10:00am-9:00pm
#167715 Mar 2-31 M-Sa 10:00am-9:00pm
#167716 Apr 1-30 M-Sa 10:00am-9:00pm

FUNCTIONal Fitness at Halifax

Age: 18yrs and up. Fitness with Felicia K offers FUNCTIONal fitness classes created to focus on cardio, toning, core and strength training workouts utilizing multiple muscles and joints to improve endurance, strength, balance and overall fitness.

Halifax Community Center – Course Fee: \$5
#168386 Jan 6-29 T,Th 6:30-7:30pm
#168443 Feb 3-26 T,Th 6:30-7:30pm
#168445 Mar 3-26 T,Th 6:30-7:30pm
#168446 Apr 2-28 T,Th 6:30-7:30pm

Hula Hooping Daily Pass

Age: 7yrs and up. Hooping is a total body work-out that focuses on strengthening core muscles, toning arms and legs and providing a cardio work-out that can burn over 300 calories in a 30-minute session. Participants use custom sized weighted hoops to burn calories, get you fit, and provide lots of fun! Our class is designed for both beginner and intermediate level participants. You will learn basic moves that get you comfortable moving the hoop around and off your body. Hoops will be provided for each participant. For more details, please call Greystone Recreation Center at 919-996-4848. Cost is \$5/class.

Greystone Community Center – Course Fee: \$5
#167650 Jan 5-Apr 27 M 6:15-7:00pm

Karate Silver at the Creek

Age: 16yrs and up. Improve flexibility and memory with a non-impact gentle karate taught by instructor with over 30 years of experience. No uniforms are necessary, just the spirit of learning. Instructor Cyndy Wu-Robinson.

Brier Creek Community Center – Course Fee: \$24
#167936 Jan 8-29 Th 6:00-6:45pm
#167937 Feb 5-26 Th 6:00-6:45pm
#167938 Mar 5-26 Th 6:00-6:45pm
#167939 Apr 9-30 Th 6:00-6:45pm

Martial Arts – Adult Shotokan

Age: 15yrs and up. Shotokan stresses cardiovascular health, strength development, coordination and overall physical fitness. Have fun, learn a traditional martial art and enjoy a challenging workout! Some youth designated by instructor may participate in class. Class is on Mondays and Wednesdays from 7pm-8pm. Instructor is Eric Blaize.

Barwell Road Community Center – Course Fee: \$15
#166423 Jan 5-28 M,W 7:00-8:00pm
#166424 Feb 2-25 M,W 7:00-8:00pm
#166425 Mar 2-30 M,W 7:00-8:00pm
#166426 Apr 1-29 M,W 7:00-8:00pm

Martial Arts – American Kenpo Karate Adult and Teen

Age: 13yrs and up. Learn traditional American Kenpo Karate while improving personal skills like respect, discipline, confidence, pride, balance, coordination and self defense. All students will enjoy personal benefits from karate while challenging yourself both mentally and physically. This is a family class, have fun while learning together. Classes taught by certified organization. Testing and certification will require an additional \$20 fee paid to instructor. Testing is not a requirement. Instructor: Mr. Jim LeClair. (If you would like to take this class with a child, you may utilize the sibling rate.)

Marsh Creek Park
Course Fee: \$30
#167781 Jan 5-Sep 26 M,W,Sa 6:00-7:00pm
#167782 Feb 2-25 M,W 6:00-7:00pm
#167783 Mar 2-30 M,W 6:00-7:00pm
#167784 Apr 1-29 M,W 6:00-7:00pm

Course Fee: \$40
#167781 Jan 5-Sep 26 M,W,Sa 6:00-7:00pm
#167782 Feb 2-25 M,W 6:00-7:00pm
#167783 Mar 2-30 M,W 6:00-7:00pm
#167784 Apr 1-29 M,W 6:00-7:00pm
Course Fee: \$50
#167781 Jan 5-Sep 26 M,W,Sa 6:00-7:00pm
#167782 Feb 2-25 M,W 6:00-7:00pm
#167783 Mar 2-30 M,W 6:00-7:00pm
#167784 Apr 1-29 M,W 6:00-7:00pm

Martial Arts – Chinese Kenpo Karate-Teens and Adults

Age: 13yrs and up. Increase your physical and mental abilities while developing effective self-defense skills through Kenpo. Expand your self-awareness, sharpen your focus, promote your critical-thinking skills, and improve your problem-solving talents. Belt level testing fee payable to the instructor applies, but testing is not required. Uniform and patches required after four calendar months or upon testing, available through instructor. Local school affiliated with an international organization. Instructor: Bill Parsons/Triangle Kenpo Institute.

Millbrook Exchange Community Center
Course Fee: \$45
#165272 Jan 5-28 M,W 7:00-8:30pm
#165273 Feb 2-25 M,W 7:00-8:30pm
#165274 Mar 2-25 M,W 7:00-8:30pm
#165275 Apr 1-27 M,W 7:00-8:30pm

Pilates Mat

Age: 16yrs and up. Pilates workouts are designed to develop strength through the core of the body—the back, abdomen and hips and to improve flexibility and coordination without the use of weights or other equipment. In this mat based program, consisting of stretching and strength exercises, our instructor will lead you through a series of moves that target your postural and core muscles while utilizing the weight of your own body to create amazing toning, strengthening, and shaping results. A drop in rate of \$10/class is also available.

Greystone Community Center
Course Fee: \$19
#167676 Apr 1-22 W 6:00-7:00pm
Course Fee: \$25
#167673 Jan 7-28 W 6:00-7:00pm
#167675 Mar 4-25 W 6:00-7:00pm
#167677 Jan 5-26 M 6:00-7:00pm
#167678 Feb 2-23 M 6:00-7:00pm
#167679 Mar 2-30 M 6:00-7:00pm
Course Fee: \$31
#167674 Feb 4-25 W 6:00-7:00pm
#167680 Apr 6-27 M 6:00-7:00pm
Course Fee: \$50
#167669 Jan 5-28 M,W 11:00am-12:00pm
#167671 Mar 2-30 M,W 11:00am-12:00pm
Course Fee: \$56
#167670 Feb 2-25 M,W 11:00am-12:00pm
#167672 Apr 1-29 M,W 11:00am-12:00pm

Soul Line Dance and Get Fit Class – Marsh Creek

Age: 15yrs and up. This is a beginner / advanced beginner line dance class for individuals new to line dancing or those who want to learn new line dance basics. The class will be taught at a slow to moderate

pace. DO NOT be fooled by the title—we will learn and practice some great cardio workouts and low/medium/high impact soul line dances. Come prepared to move, sweat, and have fun!

Marsh Creek Park

Course Fee: \$20

#166710	Jan 6	T	7:00-8:30pm
#166711	Jan 13	T	7:00-8:30pm
#166712	Jan 20	T	7:00-8:30pm
#166713	Jan 27	T	7:00-8:30pm
#166714	Feb 3	T	7:00-8:30pm
#166715	Feb 10	T	7:00-8:30pm
#166716	Feb 17	T	7:00-8:30pm
#166717	Feb 24	T	7:00-8:30pm
#166718	Mar 3	T	7:00-8:30pm
#166719	Mar 10	T	7:00-8:30pm
#166720	Mar 17	T	7:00-8:30pm
#166721	Mar 24	T	7:00-8:30pm
#166722	Mar 31	T	7:00-8:30pm
#166723	Apr 7	T	7:00-8:30pm
#166724	Apr 14	T	7:00-8:30pm
#166725	Apr 21	T	7:00-8:30pm
#166726	Apr 28	T	7:00-8:30pm

Course Fee: \$35

#166710	Jan 6	T	7:00-8:30pm
#166711	Jan 13	T	7:00-8:30pm
#166712	Jan 20	T	7:00-8:30pm
#166713	Jan 27	T	7:00-8:30pm
#166714	Feb 3	T	7:00-8:30pm
#166715	Feb 10	T	7:00-8:30pm
#166716	Feb 17	T	7:00-8:30pm
#166717	Feb 24	T	7:00-8:30pm
#166718	Mar 3	T	7:00-8:30pm
#166719	Mar 10	T	7:00-8:30pm
#166720	Mar 17	T	7:00-8:30pm
#166721	Mar 24	T	7:00-8:30pm
#166722	Mar 31	T	7:00-8:30pm
#166723	Apr 7	T	7:00-8:30pm
#166724	Apr 14	T	7:00-8:30pm

Course Fee: \$5

#166710	Jan 6	T	7:00-8:30pm
#166711	Jan 13	T	7:00-8:30pm
#166712	Jan 20	T	7:00-8:30pm
#166713	Jan 27	T	7:00-8:30pm
#166714	Feb 3	T	7:00-8:30pm
#166715	Feb 10	T	7:00-8:30pm
#166716	Feb 17	T	7:00-8:30pm
#166717	Feb 24	T	7:00-8:30pm
#166718	Mar 3	T	7:00-8:30pm
#166719	Mar 10	T	7:00-8:30pm
#166720	Mar 17	T	7:00-8:30pm
#166721	Mar 24	T	7:00-8:30pm
#166722	Mar 31	T	7:00-8:30pm
#166723	Apr 7	T	7:00-8:30pm
#166724	Apr 14	T	7:00-8:30pm
#166725	Apr 21	T	7:00-8:30pm
#166726	Apr 28	T	7:00-8:30pm

Step It Up Line Dance Class

Age: 17yrs and up. Do you want to take your line dancing to the next level? In this progressive class, you will learn a variety of dances, from intermediate to advance. Understanding line dance terminology is a plus, but not required. This class is a great way to exercise and will keep your body and mind fit. So, let's get together, make new friends and have fun while dancing to the latest and popular line dance songs!

Barwell Road Community Center – Course Fee: \$5

#166278	Jan 7-Apr 29	W	7:00-8:30pm
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Stretch and Flex

Age: 15yrs and up. Tone muscles while having fun in this fitness class which combines stretching, pilates, and dance. Purchase a four class punch pass that can be used any Wednesday from 7:30pm to 8:30pm between January and April 2015.

Laurel Hills Community Center – Course Fee: \$20

Tai Chi Fitness at Creek

Age: 10yrs and up. Ages 10yrs and up.

Tai Chi is a form of gentle exercise that is suitable for individuals of varying physical ability. Many medical professionals have indorsed Tai Chi as therapeutic for various health conditions. You will learn basic skills of body alignment, balance, breath control, coordination, and stepping; you will feel enhanced internal energy and physical strength. Instructor: Dr. Turner, Native Instructor from China. \$40

Brier Creek Community Center – Course Fee: \$40

Beginner

#167886	Jan 6-27	T	7:20-8:20
#167887	Feb 3-24	T	7:20-8:20
#167888	Mar 10-31	T	7:20-8:20
#167889	Apr 7-28	T	7:15-8:25pm

Urban (Soul) Line Dancing

Age: 16yrs and up. Gentlemen and ladies are invited to learn and follow the latest and all-time favorite line dances to Urban Contemporary and Classic R&B/Soul music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.

Green Road Community Center – Fee: \$5/day

#165063	Jan 2-30	M,F	7:00-8:30pm
#165064	Feb 2-27	M,F	7:00-8:30pm
#165065	Mar 2-30	M,F	7:00-8:30pm
#165066	Apr 3-27	M,F	7:00-8:30pm
#165067	Jan 17	Sa	1:00-2:30pm
#165068	Feb 21	Sa	1:00-2:30pm
#165069	Mar 21	Sa	1:00-2:30pm
#165070	Apr 18	Sa	1:00-2:30pm

Yoga –

Lotus Buddies: Parent/Infant Yoga

Age: 18yrs and up. Designed to help adults stay strong, flexible and balanced while bonding with baby. Baby benefits from the closeness and contact as well as the gentle rocking and soothing motions as the parent holds baby for most of the poses. Relaxation time at the end is a soothing time for parent and baby. Most suitable for pre-crawling infants. Parents should bring a mat for themselves and a soft towel or pillow for baby. Liz Holt instructs.

Millbrook Exchange Community Center

Course Fee: \$55

#165254	Jan 28-Mar 4	W	11:00am-12:00pm
#165255	Mar 18-Apr 22	W	11:00am-12:00pm

Yoga – Lotus Lunch Hour: Stretch and Refresh

Age: 16yrs and up. The 40-minute lunchtime Open Lotus Yoga class is designed to give you stress relief and encourage beneficial movement in the middle of the day, but is gentle enough

to allow you to go right back to work or errands without a shower. Students should bring a yoga mat and towel to class. Liz Holt instructs. New Winter 2015. Don't want to sign up for six weeks? Drop in now for \$10/day.

Millbrook Exchange Community Center

Course Fee: \$47

#165252	Jan 28-Mar 4	W	12:10-12:50pm
#165253	Mar 18-Apr 22	W	12:10-12:50pm

Yoga – Nice Yoga

Age: 16yrs and up. This class will offer core strengthening and stretching as well as movement into sun salutations, poses, and reflective meditations. The pace of this yoga class will be free flowing and fun, and intensity may vary based on the participants' abilities. Previous knowledge of yoga fitness is not required.

Greystone Community Center

Course Fee: \$60

#168701	Jan 6-Apr 28	T	6:30-7:00pm
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Yoga – Open Lotus at Millbrook

Age: 16yrs and up. Open Lotus yoga is gentle and suitable for all ages and fitness levels. The focus is on balance, flexibility, strength and stress relief. One hour classes take you through a gentle warm-up, transition into more challenging poses designed to lengthen the spine, and move the large and small muscle groups through their full range of motion; and then cool you down with relaxation poses leaving you ready to reawaken into the rest of your day feeling great. Students should bring a yoga mat and towel to class. Liz Holt instructs

Millbrook Exchange Community Center

Course Fee: \$55

#165256	Jan 26-Mar 2	M	6:30-7:30pm
#165257	Mar 16-Apr 20	M	6:30-7:30pm

Yoga – Open Lotus Yoga at Optimist Community Center

Age: 18yrs and up. Experience the benefits of practicing yoga at any age on balance, flexibility, strength, alignment, mood, memory and breath functioning. Relieve stress too! Get a taste of modern yoga philosophy, meditation tools and mindfulness skills. You will move, learn and develop a practice that will benefit you in body, mind and spirit!

Optimist Community Center – Course Fee: \$10

#168764	Jan 7-Apr 29	W	7:00-8:00pm
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Yoga – Power Yoga Fitness

Age: 18yrs and up. A strengthening treat without the weights! Emphasis on alignment and an opportunity to challenge and deepen your practice. The pace may be faster or include longer holds of poses. Most definitely not appropriate for beginners.

Pullen Community Center – Course Fee: \$40

#167357	Jan 5-Mar 16	M	5:00-6:00pm
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Yoga at Brier Creek

Age: 16yrs and up. Come and discover the benefits of yoga. It is very effective for stress reduction and relaxation. Stretch, find balance, greater strength, and overall well-being. This class will focus on where you are in your body with gentle healing postures. Join us and learn ways that you can reap the benefits of yoga! Bring yoga mat to class. Instructor: Nancy Williams. Multi-pass sold to fit your individual schedule. Passes: \$50 (6 visits) or \$75 (12 visits). One time trial pass: \$10.

Brier Creek Community Center – Course Fee: \$10
#167894 Jan 5 M 6:15-7:15pm

Yoga Daily Pass

Age: 18yrs and up. The human body is a work of art when considering the multiple layers of color, texture, shape and definition. A framework of bones with muscles attached creates the outside covering of our being that moves us through the world. The core muscle group wraps like a girdle around the midsection of the body. These muscles join and support the upper and lower parts of our body while creating and supporting alignment of the spine. Breath, balance, flexibility and strength are all necessary components for the wellness of our mind and body. Yoga, when practiced routinely, offers to each of us opportunities to connect with ourselves more deeply to a better understanding of who we are. Stretch Yoga pays specific attention to breath, balance and flexibility and offers movement for your body without strenuous activity. Students may pay per class or purchase an 8 class punch pass and attend Monday or Wednesday class.

Green Road Community Center

Yoga Daily Pass - \$6/day

#165071	Jan 5-28	M,W	1:00-2:00pm
#165072	Feb 2-25	M,W	1:00-2:00pm
#165073	Mar 2-30	M,W	1:00-2:00pm
#165074	Apr 1-29	M,W	1:00-2:00pm

Yoga Evening Class

Age: 18-60yrs. Stressed out after a long day at the office, school or with the kids? Come enjoy a relaxing yoga session at beautiful Lake Johnson Park. This class is geared towards those that already have some rudimentary experience with Yoga. Our experienced instructor will have you ready to tackle your world in no time!

Lake Johnson

Course Fee: \$50

#167195	Jan 8-Feb 12	Th	6:30-7:30pm
#167196	Feb 26-Apr 2	Th	6:30-7:30pm
#167197	Apr 16-May 21	Th	6:30-7:30pm
#167198	Jan 6-Feb 10	T	7:30-8:30pm
#167199	Apr 14-May 19	T	7:30-8:30pm

Yoga for All Levels

Age: 16yrs and up. This 75-minute class is designed to reduce tension and stress, and deliver total body serenity by balancing and strengthening of every system in the body.

All levels are welcome.

Lake Lynn Community Center

Course Fee: \$64

#168287	Jan 8-Feb 26	Th	7:00-8:15pm
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Course Fee: \$72

#168288	Mar 5-Apr 30	Th	7:00-8:15pm
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Yoga – Gentle

Age: 18yrs and up. Treat your body to much needed stretches and release stress in a yoga class. Focus is on a gentler yoga, primarily on the floor, which may include meditations and stretches that help with flexibility, posture, and stress relief.

Pullen Community Center – Course Fee: \$40

#167358	Jan 7-Mar 18	W	5:15-6:15pm
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Yoga Punch Pass

Age: 18yrs and up. The human body is a work of art when considering the multiple layers of color, texture, shape and definition. A framework of bones with muscles attached creates the outside covering of our being that moves us through the world. The core muscle group wraps like a girdle around the midsection of the body. These muscles join and support the upper and lower parts of our body while creating and supporting alignment of the spine. Breath, balance, flexibility and strength are all necessary components for the wellness of our mind and body. Yoga, when practiced routinely, offers to each of us opportunities to connect with ourselves more deeply to a better understanding of who we are. Stretch Yoga pays specific attention to breath, balance and flexibility and offers movement for your body without strenuous activity. Students may pay per class or purchase an 8-class punch pass and attend Monday or Wednesday class.

Green Road Community Center – Course Fee: \$42

8-Class Punch Pass

#165075	Jan 5-28	M,W	1:00-2:00pm
#165076	Feb 2-25	M,W	1:00-2:00pm
#165077	Mar 2-30	M,W	1:00-2:00pm
#165078	Apr 1-29	M,W	1:00-2:00pm

Yoga Therapeutic Renewal

Age: 16yrs and up. TJ leads her yoga classes from a perspective of wellness, wholeness, seeking to nurture and integrate body, mind and spirit. Each class is a complete, well rounded practice and will benefit anyone who wants a safe and gentle yoga class, or is new to yoga. These yoga classes are also suitable for those who have chronic conditions, chronic pain or are recovering from illness or injury. TJ is a Registered Yoga Teacher 500 hr, a certified Integrative Yoga Therapist, a Registered Thai Therapist, a Reiki Master and has been a yoga teacher for the Pink Ribbon Yoga Retreats since their beginning in 2005.

Lake Johnson – Course Fee: \$80

#166878	Jan 6-Feb 24	T	9:30-11:00am
#166879	Mar 10-Apr 28	T	9:30-11:00am

Zumba at Barwell Road

Age: 13yrs and up. Zumba is one of the latest fitness crazes! It is an aerobic fitness class using rhythms from Salsa, Merengue, Samba, Cha Cha, and other Latin music.

This class combines body sculpting movements with easy to follow dance steps! You may bring small weights. Instructor is Portia Walton.

Barwell Road Community Center

Course Fee: \$3

#166434	Jan 5-Apr 27	M	6:00-7:00pm
#166435	Jan 8-Apr 30	Th	6:30-7:30pm

Course Fee: \$5

#166434	Jan 5-Apr 27	M	6:00-7:00pm
#166435	Jan 8-Apr 30	Th	6:30-7:30pm

Zumba at Biltmore Hills

Age: All Ages. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. At Biltmore Hills we offer class on Thursdays at 6:30pm.

Biltmore Hills Community Center – Course Fee: \$5

#167583	Jan 8	Th	6:30-7:30pm
#167584	Jan 15	Th	6:30-7:30pm
#167585	Jan 22	Th	6:30-7:30pm
#167586	Jan 29	Th	6:30-7:30pm
#167755	Feb 5	Th	6:30-7:30pm
#167756	Feb 12	Th	6:30-7:30pm
#167757	Feb 19	Th	6:30-7:30pm
#167758	Feb 26	Th	6:30-7:30pm
#167759	Mar 5	Th	6:30-7:30pm
#167760	Mar 12	Th	6:30-7:30pm
#167761	Mar 19	Th	6:30-7:30pm
#167762	Mar 26	Th	6:30-7:30pm
#167779	Apr 2	Th	6:30-7:30pm
#167780	Apr 9	Th	6:30-7:30pm
#167786	Apr 16	Th	6:30-7:30pm
#167787	Apr 23	Th	6:30-7:30pm
#167788	Apr 30	Th	6:30-7:30pm

Zumba at the Creek!

Age: 16yrs and up. International explosion of dance, fun, and fitness! Learn the basic Latin rhythms and moves of merengue, salsa, cumbia and more. No prior dance experience or background necessary. Come join the Zumba® party! Passes sold: \$5 (daily), \$24 (6 visits), \$42 (12 visits).

Brier Creek Community Center – Course Fee: \$5

#167910	Jan 6-8	T,Th	7:45-8:45pm
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Zumba Fitness at Carolina Pines

Age: All Ages. PARTY YOURSELF INTO SHAPE! The Latin-Inspired Easy-To-Follow, Calorie-Burning, Dance-Fitness Party. Feel The Music And Let Loose! No class Monday, January 19.

Carolina Pines Community Center – Course Fee: \$6

#168650	Jan 5	M	10:30-11:30am
#168651	Feb 2	M	10:30-11:30am
#168658	Mar 2	M	10:30-11:30am
#168659	Apr 1	W	10:30-11:30am

Zumba® and Zumba® Toning with Maria – Bundle Pass

Age: 12yrs and up. Certified Zumba Instructor Maria Elena de Leon Angel Williams. When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring! There's no other fitness class like a Zumba

Fitness Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students.

Green Road Community Center – Course Fee: \$25

#165098	Jan 6-13	T	7:15-8:15pm
#165099	Jan 20-27	T	7:15-8:15pm
#165100	Feb 3-10	T	7:15-8:15pm
#165101	Feb 16-27	M-W,F	6:00-7:00pm
#165102	Mar 2-13	M-W,F-Sa	6:00-7:00pm
#165103	Mar 14-27	M-W,F-Sa	10:00-11:00am
#165104	Mar 28-Apr 10	M-W,F-Sa	10:00-11:00am
#165105	Apr 11-24	M-W,F-Sa	10:00-11:00am
#165106	Apr 25-29	M-W,Sa	10:00-11:00am

Zumba® at Hill Street

Age: 12yrs and up. Hill Street joins the movement! All the way from Colombia, this group exercise experience will get you moving to Latin and international beats, make you sweat, and set you on the path to a healthier you!

Hill Street Center

Course Fee: \$25

#166351	Jan 5-28	M,W	6:30-7:30pm
#166352	Feb 2-25	M,W	6:30-7:30pm
#166353	Mar 2-30	M,W	6:30-7:30pm
#166354	Apr 1-29	M,W	7:00-8:00pm

Course Fee: \$5

#166313	Feb 9	M	6:30-7:30pm
#166314	Feb 16	M	6:30-7:30pm
#166315	Feb 23	M	6:30-7:30pm
#166316	Jan 7	W	7:00-8:00pm
#166317	Jan 14	W	7:00-8:00pm
#166318	Jan 21	W	7:00-8:00pm
#166319	Jan 28	W	7:00-8:00pm
#166320	Feb 4	W	7:00-8:00pm
#166321	Feb 11	W	7:00-8:00pm
#166322	Feb 18	W	7:00-8:00pm
#166323	Feb 25	W	7:00-8:00pm
#166324	Mar 2	M	6:30-7:30pm
#166325	Mar 9	M	6:30-7:30pm
#166326	Mar 16	M	6:30-7:30pm
#166327	Mar 23	M	6:30-7:30pm
#166328	Mar 30	M	6:30-7:30pm
#166329	Apr 13	M	6:30-7:30pm
#166330	Apr 20	M	6:30-7:30pm
#166331	Apr 27	M	6:30-7:30pm
#166332	Mar 11	W	7:00-8:00pm
#166333	Mar 18	W	7:00-8:00pm
#166334	Mar 25	W	7:00-8:00pm
#166335	Mar 4	W	7:00-8:00pm
#166336	Apr 1	W	7:00-8:00pm
#166337	Apr 8	W	7:00-8:00pm
#166338	Apr 15	W	7:00-8:00pm
#166339	Apr 22	W	7:00-8:00pm
#166340	Apr 29	W	7:00-8:00pm
#166355	Jan 5	M	6:30-7:30pm
#166356	Jan 12	M	6:30-7:30pm
#166357	Apr 6	M	6:30-7:30pm
#166358	Jan 26	M	6:30-7:30pm
#166359	Feb 2	M	6:30-7:30pm

Zumba® at Lions Park

Age: 18-99yrs. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. This class is designed to help you shed those extra pounds or just give that fun exercise experience you have been looking for. Zumba® classes are held weekly on Wednesdays and Saturdays.

Lions Park Community Center – Course Fee: \$5

#168464	Jan 3	Sa	2:00-4:00pm
#168466	Jan 17	Sa	9:00-10:00am
#168468	Jan 24	Sa	9:00-10:00am
#168469	Jan 31	Sa	9:00-10:00am
#168470	Feb 7	Sa	9:00-10:00am
#168471	Feb 14	Sa	9:00-10:00am
#168472	Feb 21	Sa	9:00-10:00am
#168473	Feb 28	Sa	9:00-10:00am
#168474	Jan 7	W	6:30-7:30pm
#168475	Jan 28	W	6:30-7:30pm
#168476	Feb 4	W	6:30-7:30pm
#168477	Feb 11	W	6:30-7:30pm
#168478	Feb 18	W	6:30-7:30pm
#168479	Feb 25	W	6:30-7:30pm
#168480	Mar 4	W	6:30-7:30pm
#168481	Apr 22	W	6:30-7:30pm
#168482	Apr 29	W	6:30-7:30pm
#168483	Mar 7	Sa	9:00-10:00am
#168484	Mar 14	Sa	9:00-10:00am
#168485	Mar 21	Sa	9:00-10:00am
#168486	Jan 3-17	Sa	10:00-11:00am
#168487	Jan 14	W	6:30-7:30pm
#168488	Mar 18	W	6:30-7:30pm
#168489	Mar 11	W	6:30-7:30pm
#168490	Mar 25	W	6:30-7:30pm
#168491	Apr 15	W	6:30-7:30pm
#168492	Mar 28	Sa	9:00-10:00am
#168493	Apr 11	Sa	9:00-10:00am
#168494	Apr 18	Sa	9:00-10:00am
#168495	Apr 25	Sa	9:00-10:00am
#168725	Jan 21	W	6:30-7:30pm

Zumba® at Sanderford Road Center

Age: 16yrs and up. Latin inspired, easy to follow, calorie burning, dance fitness-party. Feel the music and let loose. Classes taught by Licensed Zumba® Instructor, Sarita Smith. Join the party at Sanderford Road Center!

Sanderford Road Park

Course Fee: \$5

#167976	Mar 31	T	6:30-7:30pm
#167948	Jan 6	T	6:30-7:30pm
#167949	Jan 13	T	6:30-7:30pm
#167950	Jan 27	T	6:30-7:30pm
#167951	Jan 20	T	6:30-7:30pm
#167952	Feb 3	T	6:30-7:30pm
#167953	Feb 10	T	6:30-7:30pm
#167954	Feb 17	T	6:30-7:30pm
#167955	Feb 24	T	6:30-7:30pm
#167956	Mar 3	T	6:30-7:30pm
#167957	Mar 10	T	6:30-7:30pm
#167958	Mar 17	T	6:30-7:30pm
#167959	Mar 24	T	6:30-7:30pm
#167960	Apr 7	T	6:30-7:30pm
#167961	Apr 14	T	6:30-7:30pm
#167962	Apr 23	Th	6:30-7:30pm
#167963	Apr 30	Th	6:30-7:30pm

Senior

60 Seconds to Good Health

Age: All Ages. Eat lunch later—exercise now! This lunchtime class features interval training designed to improve muscle strength and is a sure way to take your fitness to a higher level. All it takes is 60 seconds! Instructor: Jane Stenhouse.

Five Points Center for Active Adults – Course Fee: \$8

#165192	Jan 5-26	M	11:45am-12:45pm
#165193	Feb 2-23	M	11:45am-12:45pm
#165194	Mar 2-30	M	11:45am-12:45pm
#165195	Apr 6-27	M	11:45am-12:45pm

Active Adult Line Dance

Age: 50yrs and up. This class provides exercise and a social outlet for active adults. Come learn the latest and all-time favorite line dances to the sounds of RandB, Jazz, Country, Latin, Pop music and more.

Marsh Creek Park – Course Fee: \$5

#167725	Jan 5	M	2:00-3:00pm
#167726	Jan 12	M	2:00-3:00pm
#167727	Jan 26	M	2:00-3:00pm
#167728	Feb 2	M	2:00-3:00pm
#167729	Feb 9	M	2:00-3:00pm
#167730	Feb 16	M	2:00-3:00pm
#167731	Feb 23	M	2:00-3:00pm
#167732	Mar 2	M	2:00-3:00pm
#167733	Mar 9	M	2:00-3:00pm
#167734	Mar 16	M	2:00-3:00pm
#167735	Mar 23	M	2:00-3:00pm
#167736	Mar 30	M	2:00-3:00pm
#167737	Apr 6	M	2:00-3:00pm
#167738	Apr 13	M	2:00-3:00pm
#167739	Apr 20	M	2:00-3:00pm
#167740	Apr 27	M	2:00-3:00pm

Ageless Grace

Age: All Ages. 21 simple tools for lifelong comfort and ease! Each of the 21 tools focuses on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while sitting in a chair. It's fun and best of all, it's easy! Visit www.agelessgrace.com for more information.

Anne Gordon Center for Active Adults

Course Fee: \$8

#165200	Jan 6-27	T	2:00-2:45pm
#165201	Feb 3-24	T	2:00-2:45pm
#165202	Mar 3-31	T	2:00-2:45pm
#165203	Apr 7-28	T	2:00-2:45pm

Five Points Center for Active Adults

Course Fee: \$8

#165204	Jan 7-28	W	2:00-2:45pm
#165205	Feb 4-25	W	2:00-2:45pm
#165206	Mar 4-25	W	2:00-2:45pm
#165207	Apr 1-29	W	2:00-2:45pm

Basketball – Active Adults Open Play

Age: 50yrs and up. Join other active adults in playing basketball, staying healthy and learning the Senior State Game rules! Participants play competitive half court pickup games, but all levels are welcome. The gym is air conditioned and has sportscore flooring. Bring your towel and be ready to sweat! The program is for adults 50 and older.

Barwell Road Community Center

#166421	Jan 5-Apr 30	M,Th	3:00-6:00pm
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Bene Fitness

Age: 50yrs and up. Strengthen your muscles, improve your range of motion, balance, flexibility, and strength through low impact aerobics, stretching, and light weights. Come and enjoy the benefit of exercise! Instructor: Bill Unger

Five Points Center for Active Adults

#165212	Jan 6-29	T,Th	9:30-10:15am
#165213	Feb 3-26	T,Th	9:30-10:15am
#165214	Mar 3-31	T,Th	9:30-10:15am
#165215	Apr 2-30	T,Th	9:30-10:15am

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Cardio Sculpt

Age: All Ages. Cardio Sculpt is a combination class that helps burn fat and build lean muscles. Half of the class is spent doing low impact aerobic exercises; the other half is spent sculpting major muscle groups. Come get a healthy heart and sculpted muscles all in one class! All levels are welcome. Instructor: Jane Stenhouse

Five Points Center for Active Adults – Course Fee: \$8

#165223	Jan 5-26	M	10:15-11:15am
#165224	Feb 2-23	M	10:15-11:15am
#165225	Mar 2-30	M	10:15-11:15am
#165226	Apr 6-27	M	10:15-11:15am
#165227	Jan 7-28	W	10:15-11:15am
#165228	Feb 4-25	W	10:15-11:15am
#165229	Mar 4-25	W	10:15-11:15am
#165230	Apr 1-29	W	10:15-11:15am

Drumming for Fitness

Age: All Ages. Improve your physical and mental fitness, burn fat, and release stress all while having fun. We combine traditional no to low impact aerobic movements with the powerful beat and rhythm of drums. You will use foam drumsticks (provided) on chairs. This class can be adjusted for individuals seeking a higher impact aerobic activity.

Lake Lynn Community Center – Course Fee: \$8

#165280	Jan 7-28	W	9:00-9:45am
#165281	Feb 4-25	W	9:00-9:45am
#165282	Mar 4-25	W	9:00-9:45am

Exercise – Kripalu Yoga for Seniors

Age: 55yrs and up. This chair class is designed for seniors and others with varying degrees of mobility. Yoga can help relax tense muscles, loosen joints, strengthen muscles, improve digestion, circulation, and reduce high blood pressure and anxiety. You will learn gentle stretching and breathing techniques. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Susan Kilmon instructs.

Sertoma Arts Center – Course Fee: \$48

#165824	Jan 13-Feb 17	T	1:30-2:30pm
#165825	Mar 10-Apr 21	T	1:30-2:30pm

no class Apr 7

Five Points Fitness Room

Age: 50yrs and up. Take advantage of the variety of cardiovascular and strength training equipment available at the Five Points Center for Active Adults and get into shape. The fitness room is open during normal operating hours, but will be closed for 'Group Fitness Training' classes on M,W,F, 10:15-11:00am and 2:00-2:45pm. Participants must complete a fitness room orientation with one of the fitness instructors prior to use. Orientations may be scheduled in person or by calling 919-996-4730.

Five Points Center for Active Adults

#165368	Jan 2-Apr 30	M-F	9:00am-6:00pm
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Five Points Fitness Room Orientation

Age: 50yrs and up. Meet with a fitness instructor who will show you the proper way to use the equipment in the fitness room, including body mechanics and machine usage.

Five Points Center for Active Adults

#165369	Jan 6-Apr 30	T-Th	9:00-9:30am
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Group Fitness

Age: 18yrs and up. This course provides instruction on fitness equipment in the Five Points Center for Active Adult's fitness room. Small class sizes allow for more one-on-one assistance from our group fitness instructors. All ability and experience levels are welcome.

Five Points Center for Active Adults – Course Fee: \$5

#165370	Jan 6-May 4	M-Th	10:30-11:15am
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Line Dance – Introduction To Line Dance

Age: All Ages. This class is for those students with no line dance experience. Come learn the basic steps and join the fun! Instructor: Mitzi Kelley.

Anne Gordon Center for Active Adults

#165377	Jan 2-30	F	2:15-3:15pm
#165378	Feb 6-27	F	2:15-3:15pm
#165379	Mar 6-27	F	2:15-3:15pm
#165380	Apr 10-May 1	F	2:15-3:15pm

Line Dance – Beginner Improver

Age: All Ages. This class is designed for those who have some line dance experience and are ready to move on to learn additional dance steps. Instructor: Mitzi Kelley.

Anne Gordon Center for Active Adults

#165382	Jan 2-30	F	1:00-2:00pm
#165383	Feb 6-27	F	1:00-2:00pm
#165384	Mar 6-27	F	1:00-2:00pm
#165385	Apr 10-24	F	1:00-2:00pm

Five Points Center for Active Adults

#165386	Jan 7-Feb 2	M,W	1:00-2:00pm
#165387	Feb 2-25	M,W	1:00-2:00pm
#165388	Mar 2-30	M,W	1:00-2:00pm
#165389	Apr 1-29	M,W	1:00-2:00pm

Line Dance – Intermediate Level

Age: All Ages. This class is for the experienced dancer would like the challenge of learning more difficult, advanced dances.

Instructor: Mitzi Kelley

Five Points Center for Active Adults

#165390	Jan 5-28	M,W	2:00-3:00pm
#165391	Feb 2-25	M,W	2:00-3:00pm
#165392	Mar 2-25	M,W	2:00-3:00pm
#165393	Apr 1-29	M,W	2:00-3:00pm

Line Dance Open Studio

Age: All Ages. Join us for this fun and informal line dance program. No previous line dancing experience is required. Enjoy dancing to some old favorites while making new friends!

Five Points Center for Active Adults

#165381	Jan 2-Apr 24	F	1:30-3:00pm
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Pilates for Active Adults

Age: All Ages. Pilates takes a holistic approach to fitness and well-being. It stretches and strengthens the muscles while improving flexibility, core strength, and balance. Modifications are shown for those with back, knee, and neck issues. Participants must be able to get on a mat on the floor.

Five Points Center for Active Adults

Course Fee: \$8

#165516	Jan 5-26	M	9:15-10:00am
#165517	Feb 2-23	M	9:15-10:00am
#165518	Mar 2-30	M	9:15-10:00am
#165519	Apr 6-27	M	9:15-10:00am
#165520	Jan 8-29	Th	12:00-12:45pm
#165521	Feb 5-26	Th	12:00-12:45pm
#165522	Mar 5-26	Th	12:00-12:45pm
#165523	Apr 2-30	Th	12:00-12:45pm

Qi Gong – Qi Gong for Arthritis

Age: All Ages. This class will use the art of Qi Gong (chee-gong) to help treat joints affected by arthritis to keep them moving and pain-free. Instructor: Michael Hronas

Anne Gordon Center for Active Adults

Course Fee: \$8

#165528	Jan 2-30	F	11:30am-12:15pm
#165529	Feb 6-27	F	11:30am-12:15pm
#165530	Mar 6-27	F	11:30am-12:15pm
#165531	Apr 10-24	F	11:30am-12:15pm

Qi Gong – Therapeutic QiGong

Age: All Ages. The 24 simple movements of QiGong (chee-gong) designed to promote energetic and visceral (internal organ) health for the participant. By creating good energy flow in the body many diseases are thwarted or reversed. This is a beginner level class.

Instructor: Michael Hronas

Anne Gordon Center for Active Adults

Course Fee: \$8

#165532	Jan 2-30	F	10:30-11:15am
#165533	Feb 6-27	F	10:30-11:15am
#165534	Mar 6-27	F	10:30-11:15am
#165535	Apr 10-24	F	10:30-11:15am
#165536	Jan 6-27	T	10:30-11:15am
#165537	Feb 3-24	T	10:30-11:15am
#165538	Mar 3-31	T	10:30-11:15am
#165542	Apr 7-28	T	10:30-11:15am

Five Points Center for Active Adults

Course Fee: \$8

#165539	Jan 2-30	F	9:15-10:00am
#165540	Feb 6-27	F	9:15-10:00am
#165541	Mar 6-Apr 3	F	9:15-10:00am
#165543	Apr 10-24	F	9:15-10:00am

Senior Weight Training

Age: 55yrs and up. A program designed to help persons 55 and older get into shape and tone those hidden muscles. You are never too old to get into shape. Participants will feel better and meet new friends. Be prepared to receive many compliments on your new appearance.

Roberts Park Community Center – Course Fee: \$5

#168241	Jan 6-27	T	1:00-3:00pm
#168242	Feb 3-24	T	3:00-7:00pm
#168244	Mar 3-31	T	1:00-4:00pm
#168251	Apr 7-28	T	1:00-3:00pm

Seniortoise

Age: All Ages. Low impact exercises for adults 50 and over. Strengthen muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility and strength through stretching, light weights, and aerobic activity.

Anne Gordon Center for Active Adults

Course Fee: \$8

#165853	Jan 6-27	T	9:15-10:00am
#165854	Feb 3-24	T	9:15-10:00am
#165855	Mar 3-24	T	9:15-10:00am
#165856	Apr 7-28	T	9:15-10:00am
#165857	Feb 5-26	Th	9:15-10:00am
#165858	Jan 8-29	Th	9:15-10:00am
#165859	Mar 5-26	Th	9:15-10:00am
#165860	Apr 2-30	Th	9:15-10:00am

Greystone Community Center

Course Fee: \$8

#165861	Jan 5-26	M	10:00-10:45am
#165862	Feb 2-23	M	10:00-10:45am
#165863	Mar 9-30	M	10:00-10:45am
#165864	Apr 6-27	M	10:00-10:45am
#165865	Feb 6-27	F	10:00-10:45am
#165866	Jan 2-30	F	10:00-10:45am
#165867	Mar 6-27	F	10:00-10:45am
#165868	Apr 10-24	F	10:00-10:45am

Lake Lynn Community Center

Course Fee: \$8

#165837	Jan 6-27	T	9:00-9:45am
#165838	Feb 3-24	T	9:00-9:45am
#165839	Mar 3-31	T	9:00-9:45am
#165840	Apr 7-28	T	9:00-9:45am
#165841	Jan 8-29	Th	9:00-9:45am
#165842	Feb 5-26	Th	9:00-9:45am
#165843	Mar 5-26	Th	9:00-9:45am
#165844	Apr 2-30	Th	9:00-9:45am

Powell Drive Park

Course Fee: \$8

#165845	Jan 6-27	T	2:00-2:45pm
#165846	Feb 3-24	T	2:00-2:45pm
#165847	Mar 3-31	T	2:00-2:45pm
#165848	Apr 7-28	T	2:00-2:45pm
#165849	Jan 8-29	Th	2:00-2:45pm
#165850	Feb 5-26	Th	2:00-2:45pm
#165851	Mar 5-26	Th	2:00-2:45pm
#165852	Apr 16-30	Th	2:00-2:45pm

Seniors In Motion

Age: All Ages. This class includes stretching and flexibility movements, as well as low impact cardio exercise, strength training with light weights and other toning elements.

Laurel Hills Community Center

Course Fee: \$8

#165876	Jan 7-28	W	10:15-11:15am
#165877	Feb 4-25	W	10:15-11:15am
#165878	Mar 4-25	W	10:15-11:15am
#165879	Apr 1-29	W	10:15-11:15am
#165880	Jan 2-30	F	10:15-11:15am
#165881	Feb 6-27	F	10:15-11:15am
#165882	Mar 6-27	F	10:15-11:15am
#165883	Apr 10-24	F	10:15-11:15am

Silver Cardio

Age: All Ages. Classes start with basic warm up moves, followed by 30 minutes of constant low impact moves, with a 'burst' of fun moves added in the session, such as gentle boxing, floor exercises and balance elements. You'll break a sweat and have lots of fun! This is an intermediate level class.

Instructor: Bettie Iftenbach

Five Points Center for Active Adults

Course Fee: \$8

#165884	Jan 5-26	M	12:30-1:15pm
#165885	Feb 2-23	M	12:30-1:15pm
#165886	Mar 2-30	M	12:30-1:15pm
#165887	Apr 6-27	M	12:30-1:15pm
#166252	Jan 8-29	Th	1:00-2:00pm
#166253	Feb 5-26	Th	1:00-2:00pm
#166254	Mar 5-26	Th	1:00-2:00pm
#166255	Apr 2-30	Th	1:00-2:00pm

Tai Chi Chih – Beginner Level

Age: All Ages. Tai Chi Chih consists of 19 flowing moves to balance and circulate energy (chi). Students of all levels experience benefits such as decreased stress/anxiety, improved balance, and increased muscle flexibility. Instructor: Adrienne McKenzie

Five Points Center for Active Adults – Course Fee: \$8

#165943	Jan 5-26	M	10:00-11:00am
#165944	Feb 2-23	M	10:00-11:00am
#165945	Mar 2-23	M	10:00-11:00am
#165946	Apr 6-May 4	M	10:00-11:00am

Tai Chi Chih – Intermediate Level

Age: All Ages. This class is for those that have taken the beginner level course and are familiar with the moves and poses of Tai Chi Chih. Tai Chi Chih consists of 19 flowing moves to balance and circulate energy (chi). Students will experience benefits such as decreased stress/anxiety, improved balance, and increased muscle flexibility. Instructor: Adrienne McKenzie

Five Points Center for Active Adults – Course Fee: \$8

#165949	Jan 5-26	M	11:00am-12:15pm
#165950	Feb 2-23	M	11:00am-12:15pm
#165951	Mar 2-30	M	11:00am-12:15pm
#165952	Apr 6-27	M	11:00am-12:15pm

T'ai Chi for Active Adults – Advanced Beginners

Age: All Ages. T'ai Chi is a low/no impact slow motion exercise consisting of a series of motions and can be adapted for any fitness level. Focus is on breathing naturally, paying attention to your movements and your bodily sensations. Benefits include: enhanced immune system, lowers blood pressure, reduced chronic pain, and more! Instructor: Michael Hronas

Anne Gordon Center for Active Adults

Course Fee: \$8

#165932	Jan 6-27	T	11:30am-12:15pm
#165933	Feb 3-24	T	11:30am-12:15pm
#165934	Mar 3-31	T	11:30am-12:15pm
#165935	Apr 7-28	T	11:30am-12:15pm

T'ai Chi for Active Adults – Beginner

Age: All Ages. T'ai Chi is a low/no impact slow motion exercise consisting of a series of motions. This exercise can be adapted for anyone from all ability and fitness levels. Benefits include: enhanced immune system, lower blood pressure, reduced chronic pain and much more. Instructor: Michael Hronas

Anne Gordon Center for Active Adults

Course Fee: \$8

#165936	Jan 5-26	M	1:00-1:45pm
#165937	Feb 2-23	M	1:00-1:45pm
#165938	Mar 2-30	M	1:00-1:45pm
#165939	Apr 6-27	M	1:00-1:45pm

Total Body Conditioning

Age: All Ages. This class will strengthen your mind and body! Improve your quality of life by building strength and balance, both are essential to maintaining physical independence. Instructor: Jane Stenhouse

Five Points Center for Active Adults – Course Fee: \$8

#165953	Jan 6-27	T	1:00-2:00pm
#165954	Feb 3-24	T	1:00-2:00pm
#165955	Mar 3-31	T	1:00-2:00pm
#165956	Apr 7-28	T	1:00-2:00pm
#165957	Jan 8-29	Th	1:00-2:00pm
#165958	Feb 5-26	Th	1:00-2:00pm
#165959	Mar 5-26	Th	1:00-2:00pm
#165960	Apr 2-30	Th	1:00-2:00pm

Total Body Toning

Age: All Ages. Weight-bearing exercise is especially important as we age. This intermediate level class incorporates hand weights, resistance tubing, and our own body weight to provide resistance, build strength, and improve flexibility of the joints.

Instructor: Kathy Cassidy

Five Points Center for Active Adults – Course Fee: \$8

#165962	Jan 7-28	W	11:30am-12:30pm
#165963	Feb 4-25	W	11:30am-12:30pm
#165964	Mar 4-25	W	11:30am-12:30pm
#165965	Apr 1-29	W	11:30am-12:30pm
#165966	Jan 2-30	F	11:30am-12:30pm
#165967	Feb 6-27	F	11:30am-12:30pm
#165968	Mar 6-27	F	11:30am-12:30pm
#165969	Apr 10-24	F	11:30am-12:30pm

Wednesday Walk and Wellness

Age: All Ages. Enjoy a walk in the Five Points area near the Active Adult Center. Social walkers and speed walkers are invited to join this fun group. Proper warm up and cool down techniques are included.

Instructor: Jane Stenhouse.

Five Points Center for Active Adults

#165970	Jan 7-Apr 29	W	1:00-2:00pm
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Wednesday Walking Club

Age: 50 and Up. Walk, talk, and get healthy with the Chavis Walking Club. Come out and walk with your friends or loved ones on Wednesday inside the Chavis gym.

Chavis Community Center

#167930	Jan 7-Feb 25	W	8:00-10:00am
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Yoga – Chair Yoga

Age: All Ages. This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints, and breath awareness to calm and release tension. All standing poses may be done with the support of a chair.

Anne Gordon Center for Active Adults

Course Fee: \$8

#165995	Jan 8-29	Th	10:30-11:30am
#165996	Feb 5-26	Th	10:30-11:30am
#165997	Mar 5-26	Th	10:30-11:30am
#165998	Apr 2-30	Th	10:30-11:30am

Five Points Center for Active Adults

Course Fee: \$8

#165971	Jan 6-27	T	3:30-4:30pm
#165972	Feb 3-24	T	3:30-4:30pm
#165973	Mar 3-31	T	3:30-4:30pm
#165974	Apr 7-28	T	3:30-4:30pm
#165975	Jan 6-27	T	11:30am-12:45pm

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#165976	Feb 3-24	T	11:30am-12:45pm
#165977	Mar 3-31	T	11:30am-12:45pm
#165978	Apr 7-28	T	11:30am-12:30pm
#165979	Jan 7-28	W	3:30-4:30pm
#165980	Feb 4-25	W	3:30-4:30pm
#165981	Mar 4-25	W	3:30-4:30pm
#165982	Apr 1-29	W	3:30-4:30pm
#165983	Jan 8-29	Th	3:30-4:30pm
#165984	Feb 5-26	Th	3:30-4:30pm
#165985	Mar 5-26	Th	3:30-4:30pm
#165986	Apr 2-30	Th	3:30-4:30pm
#165987	Jan 8-29	Th	11:30am-12:45pm
#165988	Feb 5-26	Th	11:30am-12:45pm
#165989	Mar 5-26	Th	11:30am-12:45pm
#165990	Apr 2-30	Th	11:30am-12:45pm

Laurel Hills Community Center

Course Fee: \$8

#165991	Jan 7-28	W	11:30am-12:15pm
#165992	Feb 4-25	W	11:30am-12:15pm
#165993	Mar 4-25	W	11:30am-12:15pm
#165994	Apr 8-May 6	W	11:30am-12:15pm

Yoga – Gentle Yoga for Beginners

Age: All Ages. This gentle approach to yoga is structured to accommodate students of all levels and physical abilities. The yoga poses and exercises will be done standing, sitting in a chair, leaning against the wall for support, and using a floor mat. Each class also incorporates yoga breathing exercises to help improve lung capacity and focus, and a period of deep relaxation or meditation. This is a beginner level class.

Anne Gordon Center for Active Adults

Course Fee: \$8

#166007	Jan 5-26	M	10:30-11:30am
#166008	Feb 2-23	M	10:30-11:30am
#166009	Mar 2-30	M	10:30-11:30am
#166010	Apr 6-27	M	10:30-11:30am

Five Points Center for Active Adults

Course Fee: \$8

#165999	Jan 5-26	M	3:15-4:15pm
#166000	Feb 2-23	M	3:15-4:15pm
#166001	Mar 2-30	M	3:15-4:15pm
#166002	Apr 6-27	M	3:15-4:15pm
#166003	Jan 7-28	W	3:15-4:15pm
#166004	Feb 4-25	W	3:15-4:15pm
#166005	Mar 4-25	W	3:15-4:15pm
#166006	Apr 1-29	W	3:15-4:15pm

Zumba® – Gold

Age: All Ages. Golden Zumba® is known for zesty Latin and international music, easy to follow moves, and the invigorating party-like atmosphere of the class! This is a dance-fitness class that feels friendly and, most of all, fun! This is an intermediate level class.

Five Points Center for Active Adults – Course Fee: \$8

#166011	Jan 2-30	F	12:30-1:15pm
#166012	Feb 6-27	F	12:30-1:15pm
#166013	Mar 6-27	F	12:30-1:15pm
#166014	Apr 10-May 1	F	12:30-1:15pm
#166015	Jan 6-27	T	11:30am-12:15pm
#166016	Feb 3-24	T	11:30am-12:15pm
#166017	Mar 3-31	T	11:30am-12:15pm
#166018	Apr 7-28	T	11:30am-12:15pm

Family**Boxing**

Age: 8-99 yrs. On the ropes boxing will help shed those unwanted pounds, tone muscles, and improve cardio. Students will learn discipline, confidence, coordination and self-defense. Also learn a new skill for life. No class held on Monday, January 19.

Carolina Pines Community Center – Course Fee: \$40

#168462	Jan 5-31	M,W,Sa	6:30-7:30pm
#168463	Feb 2-28	M,W,Sa	6:30-7:30pm
#168465	Mar 2-30	M,W,Sa	6:30-7:30pm
#168467	Apr 1-29	M,W,Sa	6:30-7:30pm

FUNctional Fitness

Age: 13yrs and up. Funtional Fitness offers classes created to focus on cardio, toning, toning, core and strenght training workouts utilizing multiple muscles and joints to improve endurance, strenght, balance and overall fitness. The class is designed to create a fun and motivating fitness environment to help 'you' achieve your overal fitness goal.

Lions Park Community Center – Course Fee: \$5

#168499	Jan 1	Th	6:30-7:30pm
#168500	Jan 8	Th	6:30-7:30pm
#168501	Jan 15	Th	6:30-7:30pm
#168502	Jan 22	Th	6:30-7:30pm
#168503	Jan 29	Th	6:30-7:30pm
#168504	Feb 5	Th	6:30-7:30pm
#168505	Feb 12	Th	6:30-7:30pm
#168506	Feb 19	Th	6:30-7:30pm
#168507	Feb 26	Th	6:30-7:30pm
#168508	Mar 5	Th	6:30-7:30pm
#168509	Mar 12	Th	6:30-7:30pm
#168510	Mar 19	Th	6:30-7:30pm
#168511	Mar 26	Th	6:30-7:30pm
#168512	Apr 2	Th	6:30-7:30pm
#168513	Apr 9	Th	6:30-7:30pm
#168514	Apr 16	Th	6:30-7:30pm
#168515	Apr 23	Th	6:30-7:30pm
#168516	May 4	M	6:30-7:30pm

Gentle Yoga at Carolina Pines

Age: 15yrs and up. Gentle yoga is appropriate for beginners and all levels. Class will focus on alignment principles and the connection of movement and breath. Each class ends with a period of relaxation. This class will increase your balance, you will become more flexible, relieve muscle tension and reduce stress. No class Monday, January 19.

Carolina Pines Community Center – Course Fee: \$35

#168577	Jan 5-26	M	7:00-8:15pm
#168578	Feb 2-23	M	7:00-8:15pm
#168579	Mar 2-30	M	7:00-8:15pm
#168580	Apr 6-27	M	7:00-8:15pm

Karate – Okinawan Shorin-Ryu

Age: 7yrs and up. A karate program to help improve your public speaking, leadership, balance, coordination, flexibility, and self defense through the art of Okinawan Shorin-Ryu Karate-DO Okinawan and Kata.

Laurel Hills Community Center – Course Fee: \$44

#166932	Feb 3-26	T,Th	6:30-7:30pm
#166933	Mar 3-26	T,Th	6:30-7:30pm
#166934	Apr 7-30	T,Th	6:30-7:30pm
#166935	Jan 6-29	T,Th	6:30-7:30pm

Karate – Open Mat

Age: 6yrs and up. Come out and join Sinai Syn-Clair or just stay after the Traditional Japanese Karate class to further perfect your skill with a little bit more specialized teaching, that is all about you!

Ralph Campbell Community Center – Course Fee: \$5

#168212	Jan 3-31	Sa	2:00-3:00pm
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Karate – Traditional Japanese Karate Family

Age: 6yrs and up. Traditional Japanese Karate that promotes physical fitness, discipline, and self-defense. Little ones will learn proper striking with use of their hands, arms, legs and feet, as well proper self defense.

Ralph Campbell Community Center

Course Fee: \$15

#168223	Jan 3-31	Sa	1:00-2:00pm
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Martial Arts – American Karate at Method Park

We have partnered with Trey Courtney of 4 Kicks Martial Arts to offer a quality martial arts program at an affordable price for children, adults and families. American Karate is taught with an emphasis on conditioning and self-defense. The program is designed for you to get exactly what you want: training in the art of karate for the exercise and sport, providing the discipline of karate as an extracurricular activity for your child, competitive training towards a black belt, participation in tournaments, or simply incorporate Karate as a lifestyle. FREE INTRODUCTORY CLASS OFFERED! Go to www.4kicksma.com for additional information on Trey Courtney and 4 Kicks Martial Arts. Classes for home schooled children available.

Method Road Community Center**Junior Kicks (ages 5-12)** Course Fee: \$60

#168661	Jan 20-Mar 24	T	6:00-7:00pm
#168663	Jan 20-Mar 24	T	1:45-2:45pm

Adult Kicks (ages 13 and up) Course Fee: \$70

#168662	Jan 20-Mar 24	T	7:00-8:30pm
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Martial Arts – Tae Kwon Do

Age: 10yrs and up. Tae Kwon Do is a Korean martial art. It loosely translates to 'The way of the hand and foot'. As such, no weapons are used. It is a strong, fast and powerful martial art form. This class will keep you fit and give you great confidence not just physically, but in all aspects of life. This class practices a safe 'no contact' format.

Jaycee Community Center – Course Fee: \$35

#167330	Jan 13-Feb 5	T,Th	6:30-8:00pm
#167331	Feb 10-Mar 5	T,Th	6:30-8:00pm
#167332	Mar 10-Apr 2	T,Th	6:30-8:00pm
#167333	Apr 7-30	T,Th	6:30-8:00pm

Tae Kwon Do – Martial Art

Age: 7yrs and up. Martial arts class for youth and adults. This program develops discipline in youth, fitness in adults and fine martial art skills in both youth and adults.

Lions Park Community Center – Course Fee: \$35

#168458	Jan 1-27	T,Th	6:30-8:00pm
#168459	Feb 3-26	T,Th	6:30-8:00pm
#168460	Mar 3-26	T,Th	6:30-8:00pm
#168461	Apr 2-May 5	T,Th	6:30-8:00pm

Wado Ryu Karate

Age: 8yrs and up. Learn the basics of Wado Ryu karate. This traditional open-hand Okinawan style karate emphasizes evasive movement and balance, blocks, punches and kicks. Have fun and learn while you improve your cardiovascular health.

Carolina Pines Community Center – Course Fee: \$40

#165655	Jan 6-29	T,Th	6:30-8:30pm
#165656	Feb 3-26	T,Th	6:30-8:30pm
#165657	Mar 3-26	T,Th	6:30-8:30pm
#165658	Apr 2-May 5	T,Th	6:30-8:30pm

Zumba®**at Optimist Community Center**

Age: 13yrs and up. Latin rhythms and easy to follow moves make this upbeat fitness class fun for all. You don't need to be a dancer or a seasoned fitness class junkie! Just be ready to have fun, sweat a little, and groove for only \$5 a class. For more information about your options, please call the community center at 919-870-2880.

Optimist Community Center – Course Fee: \$5

#168355	Jan 5-Apr 27	M	6:30-7:30pm
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Zumba® – Marsh Creek

Age: 14yrs and up. Come and dance yourself into shape! Zumba® combines dance, music, fitness, and fun through Latin-inspired, calorie-burning dance parties. It's an exciting dance atmosphere that allows participants to get into shape while having fun. This class combines body sculpting movements with easy to follow dance steps. No prior dance experience necessary. Come and join the party! Instructors: Melissa Lyde and Kelli Blackmond (Ages 13 and up)

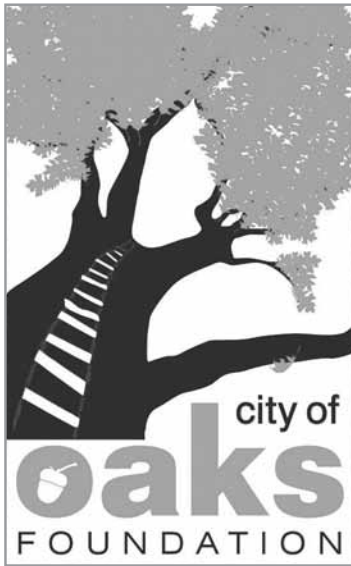
Marsh Creek Park

Course Fee: \$25

#166612	Jan 6	T	6:00-7:00pm
#166613	Jan 13	T	6:00-7:00pm
#166616	Jan 20	T	6:00-7:00pm
#166617	Jan 27	T	6:00-7:00pm
#166618	Feb 3	T	6:00-7:00pm
#166619	Feb 10	T	6:00-7:00pm
#166620	Feb 17	T	6:00-7:00pm
#166621	Feb 24	T	6:00-7:00pm
#166622	Mar 3	T	6:00-7:00pm
#166623	Mar 10	T	6:00-7:00pm
#166624	Mar 17	T	6:00-7:00pm
#166625	Mar 24	T	6:00-7:00pm
#166626	Mar 31	T	6:00-7:00pm
#166627	Apr 7	T	6:15-7:15pm

#166628	Apr 14	T	6:15-7:15pm
#166629	Apr 21	T	6:15-7:15pm
#166630	Apr 28	T	6:15-7:15pm
#166631	Jan 8	Th	6:00-7:00pm
#166632	Jan 15	Th	6:00-7:00pm
#166633	Jan 22	Th	6:00-7:00pm
#166634	Jan 29	Th	6:00-7:00pm
#166635	Feb 5	Th	6:00-7:00pm
#166636	Feb 12	Th	6:00-7:00pm
#166637	Feb 26	Th	6:00-7:00pm
#166638	Mar 5	Th	6:00-7:00pm
#166639	Mar 12	Th	6:00-7:00pm
#166640	Feb 19	Th	6:00-7:00pm
#166641	Mar 19	Th	6:00-7:00pm
#166642	Mar 26	Th	6:00-7:00pm
#166643	Apr 2	Th	6:15-7:15pm
#166644	Apr 9	Th	6:15-7:15pm
#166645	Apr 16	Th	6:15-7:15pm
#166646	Apr 23	Th	6:15-7:15pm
#166647	Apr 30	Th	6:15-7:15pm
#166648	Jan 3	Sa	9:15-10:15am
#166649	Jan 10	Sa	9:15-10:15am
#166650	Jan 17	Sa	9:15-10:15am
#166651	Jan 24	Sa	9:15-10:15am
#166652	Jan 31	Sa	9:15-10:15am
#166653	Feb 7	Sa	9:15-10:15am
#166654	Feb 14	Sa	9:15-10:15am
#166655	Feb 21	Sa	9:15-10:15am
#166656	Feb 28	Sa	9:15-10:15am
#166657	Mar 7	Sa	9:15-10:15am
#166658	Mar 14	Sa	9:15-10:15am
#166659	Mar 21	Sa	9:15-10:15am
#166660	Mar 28	Sa	9:15-10:15am
#166661	Apr 4	Sa	9:15-10:15am
#166662	Apr 11	Sa	9:15-10:15am
#166663	Apr 18	Sa	9:15-10:15am
#166664	Apr 25	Sa	9:15-10:15am
Course Fee: \$5			
#166612	Jan 6	T	6:00-7:00pm
#166613	Jan 13	T	6:00-7:00pm
#166616	Jan 20	T	6:00-7:00pm
#166617	Jan 27	T	6:00-7:00pm
#166618	Feb 3	T	6:00-7:00pm
#166619	Feb 10	T	6:00-7:00pm
#166620	Feb 17	T	6:00-7:00pm
#166621	Feb 24	T	6:00-7:00pm
#166622	Mar 3	T	6:00-7:00pm
#166623	Mar 10	T	6:00-7:00pm
#166624	Mar 17	T	6:00-7:00pm
#166625	Mar 24	T	6:00-7:00pm
#166626	Mar 31	T	6:00-7:00pm
#166627	Apr 7	T	6:15-7:15pm
#166628	Apr 14	T	6:15-7:15pm
#166629	Apr 21	T	6:15-7:15pm
#166630	Apr 28	T	6:15-7:15pm
#166631	Jan 8	Th	6:00-7:00pm
#166632	Jan 15	Th	6:00-7:00pm
#166633	Jan 22	Th	6:00-7:00pm
#166634	Jan 29	Th	6:00-7:00pm
#166635	Feb 5	Th	6:00-7:00pm
#166636	Feb 12	Th	6:00-7:00pm
#166637	Feb 26	Th	6:00-7:00pm
#166638	Mar 5	Th	6:00-7:00pm
#166639	Mar 12	Th	6:00-7:00pm
#166640	Feb 19	Th	6:00-7:00pm
#166641	Mar 19	Th	6:00-7:00pm
#166642	Mar 26	Th	6:00-7:00pm
#166643	Apr 2	Th	6:15-7:15pm
#166644	Apr 9	Th	6:15-7:15pm
#166645	Apr 16	Th	6:15-7:15pm
#166646	Apr 23	Th	6:15-7:15pm
#166647	Apr 30	Th	6:15-7:15pm

#166648	Jan 3	Sa	9:15-10:15am
#166649	Jan 10	Sa	9:15-10:15am
#166650	Jan 17	Sa	9:15-10:15am
#166651	Jan 24	Sa	9:15-10:15am
#166652	Jan 31	Sa	9:15-10:15am
#166653	Feb 7	Sa	9:15-10:15am
#166654	Feb 14	Sa	9:15-10:15am
#166655	Feb 21	Sa	9:15-10:15am
#166656	Feb 28	Sa	9:15-10:15am
#166657	Mar 7	Sa	9:15-10:15am
#166658	Mar 14	Sa	9:15-10:15am
#166659	Mar 21	Sa	9:15-10:15am
#166660	Mar 28	Sa	9:15-10:15am
#166661	Apr 4	Sa	9:15-10:15am
#166662	Apr 11	Sa	9:15-10:15am
#166663	Apr 18	Sa	9:15-10:15am
#166664	Apr 25	Sa	9:15-10:15am
Course Fee: \$5			
#166612	Jan 6	T	6:00-7:00pm
#166613	Jan 13	T	6:00-7:00pm
#166616	Jan 20	T	6:00-7:00pm
#166617	Jan 27	T	6:00-7:00pm
#166618	Feb 3	T	6:00-7:00pm
#166619	Feb 10	T	6:00-7:00pm
#166620	Feb 17	T	6:00-7:00pm
#166621	Feb 24	T	6:00-7:00pm
#166622	Mar 3	T	6:00-7:00pm
#166623	Mar 10	T	6:00-7:00pm
#166624	Mar 17	T	6:00-7:00pm
#166625	Mar 24	T	6:00-7:00pm
#166626	Mar 31	T	6:00-7:00pm
#166627	Apr 7	T	6:15-7:15pm
#166628	Apr 14	T	6:15-7:15pm
#166629	Apr 21	T	6:15-7:15pm
#166630	Apr 28	T	6:15-7:15pm
#166631	Jan 8	Th	6:00-7:00pm
#166632	Jan 15	Th	6:00-7:00pm
#166633	Jan 22	Th	6:00-7:00pm
#166634	Jan 29	Th	6:00-7:00pm
#166635	Feb 5	Th	6:00-7:00pm
#166636	Feb 12	Th	6:00-7:00pm
#166637	Feb 26	Th	6:00-7:00pm
#166638	Mar 5	Th	6:00-7:00pm
#166639	Mar 12	Th	6:00-7:00pm
#166640	Feb 19	Th	6:00-7:00pm
#166641	Mar 19	Th	6:00-7:00pm
#166642	Mar 26	Th	6:00-7:00pm
#166643	Apr 2	Th	6:15-7:15pm
#166644	Apr 9	Th	6:15-7:15pm
#166645	Apr 16	Th	6:15-7:15pm
#166646	Apr 23	Th	6:15-7:15pm
#166647	Apr 30	Th	6:15-7:15pm
#166648	Jan 3	Sa	9:15-10:15am
#166649	Jan 10	Sa	9:15-10:15am
#166650	Jan 17	Sa	9:15-10:15am
#166651	Jan 24	Sa	9:15-10:15am
#166652	Jan 31	Sa	9:15-10:15am
#166653	Feb 7	Sa	9:15-10:15am
#166654	Feb 14	Sa	9:15-10:15am
#166655	Feb 21	Sa	9:15-10:15am
#166656	Feb 28	Sa	9:15-10:15am
#166657	Mar 7	Sa	9:15-10:15am
#166658	Mar 14	Sa	9:15-10:15am
#166659	Mar 21	Sa	9:15-10:15am
#166660	Mar 28	Sa	9:15-10:15am
#166661	Apr 4	Sa	9:15-10:15am
#166662	Apr 11	Sa	9:15-10:15am
#166663	Apr 18	Sa	9:15-10:15am
#166664	Apr 25	Sa	9:15-10:15am



City of Oaks Foundation urges children to get outside

Did you know that American children spend an average of 10 minutes each day in outdoor play? 10 minutes a day! As you might suspect, this is a fraction of the time that kids spent playing outdoors 20 years ago, and most of the time that was spent outside has been soaked up by screen time—children in front of phones, tablets, computers and televisions.

Playing outside in nature is vital to childhood development—not to mention physical health. Inventing games and establishing rules helps kids hone their social skills. Unstructured play with natural materials sparks a child's imagination and creativity. Accomplishments bolster self-confidence, and failings teach them how to handle adversity. Nature play is a time-tested way for children to find their own paths and learn how to get along with others.



If playing outside is so beneficial, then why are children doing so little of it? Richard Louv, author of *Last Child in the Woods*, believes there are 5 barriers to nature play. First, America is growing more urbanized, and our cities' growth is without adequate natural areas and access to them. Second, many parents are afraid to let their children play in the woods and creeks. Third, technology dominates every aspect of our lives (children and adults alike). Fourth, we no longer consider nature play as an enriching activity. Fifth, nature often is seen as the problem (e.g. climate change, species extinction) and not the solution.

This is why the City of Oaks Foundation is busy conserving natural places around Raleigh and

providing scholarships to help children participate in the City's incredible summer camps and nature programs.

Through our Raleigh, Naturally land conservation program, we work with landowners who want to leave a legacy by setting aside their forests, farms, gardens and streams as conservation land. Our Give Play initiative strives to remove cost as a barrier for children's participation in the nature play programs Raleigh offers.

Support the City of Oaks Foundation with your tax-deductible contribution and help reverse our nature deficit.

For more information:

visit www.cityofoaksfoundation.org call us at (919)996-4773, or send us mail to:

City of Oaks Foundation 222 W. Hargett Street, Suite 608 Raleigh, NC 27601

The City of Oaks Foundation, because a green Raleigh is a great Raleigh!

Nature Programs

Program Manager: Jenn Steele
E-mail: jenn.steele@raleighnc.gov

Nature Programs are held at various parks, greenways and community centers around the city. They are diverse in topic and are offered for all ages. Programs are offered for the general public as well as schools, scouts and other organized groups. Private Nature Programs for groups can be arranged with five weeks notice. For more information or to request a brochure, please call 919-996-6856.



Preschool

The Mitten by Alvin Tresselt – Story and Craft

Age: 3-5yrs. Come be smitten by the cute story of 'The Mitten' by Alvin Tresselt as we read your toddler this endearing story. We'll play some winter related games and make a craft celebrating the wonderful world of winter. Pre-registration is required at least four days in advance of program. Children must be accompanied by an adult. Adults attend free.
Durant Nature Preserve – Course Fee: \$3
 #165722 Jan 21 W 10:00-11:00am
 #165723 Jan 24 Sa 10:00-11:00am

Fairies and Trolls

Age: 3-5yrs. Do fairies and trolls live at the nature preserve? Come find out. Make a tiny house in the woods for a mouse, bug, toad or other woodland fairy or even a troll. Wear fairy wings and walk the fairy trails! This program is designed for PreK and parent. No charge for adult. We'll provide stories and natural materials—all you need is a good imagination. Note: This program is conducted on natural surface trails and play areas that are not designed for strollers.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$3
 #166038 Mar 27 F 12:45-2:15pm
 #166039 Mar 28 Sa 10:30am-12:00pm

Foxes and Coyotes

Age: 3-5yrs. How are foxes and coyotes similar to and different from dogs? Meet Red the Fox and Carrie the Coyote and hear their stories. We'll go outside to look for their tracks and dens. Make a fox track and do a craft!

This program was designed for preschooler to attend with parent. No charge for adults. Note: Part of this program is conducted on natural surface trails that are not designed for strollers.
Annie Louise Wilkerson Nature Preserve

Course Fee: \$3
 #166034 Feb 20 F 12:45-2:15pm
 #166036 Feb 21 Sa 10:30am-12:00pm

Frogs and Toads

Age: 3-5yrs. What are frogs and toads? Let's find out together! We'll take a short walk to find frogs and toads here in the park then make a 'loadally' awesome craft. Pre-registration is required at least four days in advance of program. Children must be accompanied by an adult. Adults attend free.

Durant Nature Preserve – Course Fee: \$3
 #168024 Apr 15 W 2:00-3:00pm

Little Nature Hikers

Age: 2-5yrs. Join a nature instructor and other families for a guided walk around the park with your child. Meet other families in your community and learn about nature. We will see birds, insects, mammals and reptiles basking in the sunshine. Pre-registration is required four days prior to program. Register online via Reclink or at any Community Center. For more information, call Nature Programs at 919-996-6856.

Lake Johnson – Course Fee: \$2
 #166304 Apr 8 W 10:30-11:15am
Lake Lynn Community Center – Course Fee: \$2
 #166305 Apr 10 F 1:30-2:15pm

Love Bugs

Age: 3-5yrs. Join us as we read a story and learn all about bugs! Then we'll make a buggy valentine craft for your parents. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-996-6856.

Laurel Hills Community Center – Course Fee: \$3
 #166301 Feb 11 W 10:15-11:00am
Marsh Creek Park – Course Fee: \$3
 #166300 Feb 9 M 10:00-10:45am

Music in Nature

Age: 3-5yrs. We'll go on a short walk to learn about a few of our resident animals that make their own music. Along the way, we'll gather supplies to make musical instruments from nature that we'll use to hold a mini concert of our own! Pre-registration is required at least four days in advance of program. Children must be accompanied by an adult. Adults attend free.

Durant Nature Preserve – Course Fee: \$3
 #168142 Jan 7 W 2:00-3:00pm

Outstanding Owls

Age: 3-5yrs. Whooooo's that in our tree? Why it's an owl! Join us as we learn all about the owls that live here in the park. We'll read an owl story and then make a cute owl craft to take home. Children must be accompanied by an adult. Adults attend free. Pre-registration required at least four days in advance of program.

Durant Nature Preserve – Course Fee: \$3
 #165724 Feb 18 W 2:00-3:00pm

Preschool Swamp Romp

Age: 1-5yrs. Bring your budding naturalist to the Walnut Creek Wetland Center for an exciting learning experience. A craft, engaging activity, and a guided walk through the wetland will awaken your preschoolers sense of wonder. Each week will feature a different nature inspired theme. Pre registration required four days prior to the program.

Walnut Creek Wetland Center – Course Fee: \$3
 #168135 Jan 8 Th 10:00-11:00am
 #168136 Jan 21 W 10:00-11:00am
 #168137 Feb 12 Th 10:00-11:00am
 #168138 Feb 25 W 10:00-11:00am
 #168139 Mar 12 Th 10:00-11:00am
 #168140 Mar 25 W 10:00-11:00am
 #168141 Apr 9 Th 10:00-11:00am
 #168143 Apr 22 W 10:00-11:00am

Rockin' Raccoons

Ages 3-5years. Every night our raccoons come out and rock around the park. We'll see if we can discover what they have been up to as we hike in search of the evidence they leave behind. After our walk, we'll warm up inside and make a rockin' raccoon craft. Pre-registration is required at least four days in advance of program. Children must be accompanied by an adult. Adults attend free.

Durant Nature Preserve – Course Fee: \$3
 #165793 Feb 4 W 2:00-3:00pm

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The Wiggles

Age: 3-5yrs. Wiggly worms are not only fun to observe but they are great for the soil! In this hands-on program, your child will get to examine some worms up close in order to learn about their body parts and why these wiggly little invertebrates are so important for plant growth. Each child will decorate a pot to plant a pretty flower in with the soil the worms have prepared especially for this occasion! Children must be accompanied by an adult. Adults attend free. Pre-registration required four days in advance of program.

Durant Nature Preserve – Course Fee: \$3
#165718 Mar 18 W 10:00-11:00am

Wee Walker Egg Hunt

Age: 1-5yrs. Join us as we have an Egg Hunt just for our Wee Walkers! Have your little one bring a basket to find the hidden eggs and the surprises that are inside. After our egg hunt, we'll have Spring inspired activity stations set up in our field for your Wee Walkers to enjoy! Pre-registration is required at least 4 days in advance. Children must be accompanied by an adult. Adults attend free.

Durant Nature Preserve – Course Fee: \$1
#165891 Apr 2 Th 10:00-11:00am

Wee Walkers

Age: All Ages. Would you and your toddler like some company for your walks? Join others on an easy paced hike around the park. This is a great opportunity for adults and little ones to meet each other and explore what's happening in nature. Although registration is not necessary, it is helpful so that we may be prepared for your visit.

Durant Nature Preserve
#165890 Mar 5 Th 10:00-11:00am

Welcome, Hummingbirds

Age: 3-5yrs. The hummingbirds are coming back to Raleigh from their winter homes in Mexico and Central America. Learn about hummers and play some hummingbird games. Help us put up the nectar feeders in the park for our hungry hummingbirds. This program is designed for a parent or other adult to attend with their preschooler. No charge for adult. Note: Part of this program is conducted on natural surface trails that are not designed for strollers.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$3
#166041 Apr 10 F 12:45-2:15pm
#166042 Apr 11 Sa 10:30am-12:00pm

Wildlife in Winter

Age: 3-5yrs. What do wild animals do in winter? Let's pretend to be animals that hibernate, migrate and stay warm in the cold, winter woods! Take a hike, do a craft, and learn how to help our wild friends. This program is designed for a preschooler to attend with an adult. No fee for adult. Note: Some parts of this program may take place

on trails that are inaccessible for strollers.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$3
#166025 Jan 23 F 12:45-2:15pm
#166026 Jan 24 Sa 10:30am-12:00pm

Zany Zoology

Age: 2-4yrs. Learn, laugh and play as we discover the world of animals near and far, wet and dry, high and low. Sessions are interdisciplinary with stories and crafts in addition to scientific discovery. When possible, a real live animal will make an appearance! Combines nicely with Tot Time and Science Sampler. Parent/guardian must stay with child during program. Class meets at Brentwood Neighborhood Center (3315 Vinson Court, 27604).

Brentwood Park – Course Fee: \$39

Creepy Crawlies (2-4 Years)
#165435 Jan 14-Feb 4 W 9:30-10:30am
#165436 Feb 11-Mar 4 W 9:30-10:30am
#165437 Jan 14-Feb 4 W 12:00-1:00pm
#165438 Feb 11-Mar 4 W 12:00-1:00pm
#165439 Mar 11-Apr 1 W 9:30-10:30am
#165440 Apr 8-29 W 9:30-10:30am
#165441 Mar 11-Apr 1 W 12:00-1:00pm
#165442 Apr 8-29 W 12:00-1:00pm

Youth

BSA Merit Badge Programs

Age: 10-17yrs. Many merit badges ask boy scouts to expand their knowledge of the natural world—what better place to explore than a nature preserve? These programs will address many of the requirements towards earning a badge, although some requirements may need additional time outside the program to complete. Scouts may sign up for these programs as individuals or call us if your troop is interested. Participants should bring a bag lunch. Fee covers materials needed to achieve the merit badge.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$25
Bird Study
#166089 Feb 28 Sa 10:30am-3:00pm
Insect Study
#166090 Apr 25 Sa 10:30am-3:00pm

Discovering Wetlands

Age: 10-18yrs. Do you think that swamps are just dark and creepy places? Come to the Walnut Creek Wetland to discover the benefits and beauty of Raleigh's urban wetland. Develop a better understanding of the importance of wetlands with hands-on demonstrations and a wetland walk. Registration is required four days in advance.
Walnut Creek Wetland Center – Course Fee: \$5
#168149 Jan 31 Sa 10:30-11:30am
#168150 Feb 14 Sa 10:30-11:30am
#168151 Mar 7 Sa 10:30-11:30am
#168152 Apr 25 Sa 10:30-11:30am

Equinox Astronomy

Age: 8-12yrs. Why do we have seasons? Why do we say the spring days are 'getting longer'? How do flowers know when to bloom? In this investigation, we will

construct models to understand how the source of the seasons is literally, 'out of this world.' Take your model home and impress your friends, or your teacher!

Annie Louise Wilkerson Nature Preserve
Course Fee: \$5
#166087 Mar 20 F 2:00-4:00pm

Fairy Houses and Toad Abodes

Age: 5-8yrs. Create a fairy house in the woods for a mouse, bug, toad or other woodland fairy. We'll provide lots of natural materials that you can use to build the fairy house of your dreams in our special Fairy Village. Decorate and take home a clay pot 'toad abode' for your yard.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$5
#166061 Mar 14 Sa 2:00-4:00pm

Figuring Out Fossils

Age: 6yrs and up. Most fossils are created when an impression of something that was once alive is captured in rock. Participants will become 'Junior Paleontologists' and learn all about fossils. Participants will have opportunity to make a great impression by creating their own trilobite or dinosaur claw using molds and plaster. Pre-registration is REQUIRED four days prior to program. For more information, contact Nature Programs 919-996-6856

Laurel Hills Community Center – Course Fee: \$4
#166302 Feb 24 T 4:00-5:00pm

Foxes, Coyotes and Wolves, Oh My!

Age: 9-12yrs. Become an expert on identifying the different canines that live in North Carolina. We'll play a cool game to see how we stack up against foxes plus make an awesome craft! Pre-registration required at least four days in advance of program.

Durant Nature Preserve – Course Fee: \$5
#168068 Feb 7 Sa 2:00-3:30pm

Geology Detectives: Minerals

Age: 8-12yrs. Don't be fooled by Fool's Gold—learn how geologists test minerals by using properties including hardness, streak, color, luster and acid reactivity. Take on the challenge of testing and identifying a variety of mineral samples. Take home a mineral for your own collection!

Annie Louise Wilkerson Nature Preserve
Course Fee: \$5
#166084 Jan 9 F 2:00-4:00pm

Kid's Nature Night at Walnut Creek

Age: 5-12yrs. Do you need a little time to yourself at the end of the week? Drop your kids off for a fun Friday night. We'll learn about nature, explore outside, play games and do a craft. The activities will be related to that night's featured animated movie. We will even have popcorn and a big movie screen! Registration is required four days in advance.

Walnut Creek Wetland Center – Course Fee: \$5
#168144 Jan 16 F 4:00-7:00pm
#168145 Feb 20 F 4:00-7:00pm
#168146 Mar 20 F 4:00-7:00pm
#168147 Apr 17 F 4:00-7:00pm

Meteorology Masters – Weather Instruments

Age: 8-12yrs. You could ask a groundhog, or join us to learn how scientists really predict the weather by practicing your own observation-based forecast. We will measure the atmosphere using tools including an anemometer, hygrometer, barometer and sling psychrometer. Make a weather instrument to take home!

Annie Louise Wilkerson Nature Preserve

Course Fee: \$5
#166086 Feb 6 F 2:00-4:00pm

Nature's Architects

Age: 9-12yrs. Ever wonder how spiders spin such beautiful webs, how birds are able to weave their delicate nests and how beavers can build such fancy lodges? Learn some fascinating facts about some of nature's finest architects as we search for examples of their handiwork here in the Park. Afterwards, we'll put our building skills to the test as we design an animal home all of our own using items found in nature. Pre-registration required four days in advance of program.

Durant Nature Preserve – Course Fee: \$6
#165736 Apr 11 Sa 2:00-3:30pm

Owl Pellets

Age: 5-8yrs. An owl doesn't digest the fur, feathers or bones of its prey. Instead, owls cough up some pretty disgusting pellets, which you will get to dissect! Weather permitting, we'll take a hike in the winter woods to call for owls.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$3
#166024 Jan 10 Sa 3:00-5:00pm

Recycling for Beginners

Age: 1yrs and up. Come to the Walnut Creek Wetland Center to learn about recycling! We'll talk about the 3Rs (reduce, reuse, recycle), play games to help us remember what to recycle, and take some time to go clean up the Walnut Creek Wetland! Enjoy the outdoors with your family, and do your part for the environment at the same time. Registration required four days in advance.

Walnut Creek Wetland Center

#168148 Apr 21 T 4:30-6:00pm

Rockin' Raccoons

Age: 6-9yrs. Every night our raccoons come out and rock around the park. We'll see if we can discover what they have been up to as we hike in search of the evidence they leave behind. After our walk, we'll warm up inside and make a rockin' raccoon craft. Pre-registration is required at least four days in advance of program. Children must be accompanied by an adult. Adults attend free.

Durant Nature Preserve

Course Fee: \$6
#165783 Feb 21 Sa 2:00-3:30pm

Salamander Sleuths

Age: 9-12yrs. Salamanders are secretive, slimy and so much fun to find in the Durant woods! A Nature Instructor will be our guide

as we search for salamander eggs, larva and adults. We'll learn all about their life cycle plus what we can do to help protect these awesome amphibians! A craft and time for dipnetting is included. Pre-registration is required at least four days in advance of program.

Durant Nature Preserve – Course Fee: \$6
#165729 Mar 14 Sa 1:00-3:00pm

Stream Explorers

Age: 5-8yrs. Follow a stream channel in the park to find out where water goes. We'll explore how water moves and affects rocks and soil. Where is the stream the widest and the deepest and why? Who lives in the stream?

Annie Louise Wilkerson Nature Preserve

Course Fee: \$3
#166043 Apr 18 Sa 2:00-4:00pm

The Pollination Game

Age: 8-12yrs. Find out how plants attract animals, from birds to beetles, and trick them into carrying their pollen around. This incredible pollination game creates most of our fruits and vegetables. Explore the preserve's pollinators and take home materials to help you find pollinators lurking in your backyard.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$5
#166088 Apr 17 F 2:00-4:00pm

Think Snow!

Age: 6-9yrs. Snow or no snow, this program is all about the fluffy white stuff that makes this time of year special! Learn how real snow is made before we make our own snow globe so you can keep a bit of snow all year long! Pre-registration is required at least four days in advance of program. Children must be accompanied by an adult. Adults attend free.

Durant Nature Preserve – Course Fee: \$5
#165820 Jan 24 Sa 2:00-3:00pm

Track Attack

Age: 6-9yrs. Become a nature detective! Explore ways to track animals by looking at their tracks and scat as we hike some trails to find all the clues our animals leave behind. We'll also play some fun games and make a cool track to take home. Pre-registration is required at least four days in advance. Children must be accompanied by an adult. Adults attend free.

Durant Nature Preserve – Course Fee: \$6
#165767 Mar 21 Sa 1:00-3:00pm

Winter Survival Challenge

Age: 9-12yrs. What's the best way for animals to survive the winter chill? We'll investigate how the animals at Durant survive in the cold and crown one animal the winner of the Winter Survival Challenge! We'll celebrate the victor by roasting a marshmallow around a campfire. Pre-registration is required at least four days in advance of program.

Durant Nature Preserve – Course Fee: \$6
#165738 Jan 17 Sa 2:00-3:30pm

Wolves, Coyotes and Foxes

Age: 5-8yrs. Find out if wolves, coyotes and foxes live at the nature preserve or around Falls Lake. We'll look for their tracks and signs along park trails. Take home a plaster cast of your favorite wild dog's paws!

Annie Louise Wilkerson Nature Preserve

Course Fee: \$5
#166031 Feb 7 Sa 10:30am-12:00pm

Adult

Spring Bird ID Workshop

Age: 16yrs and up. Practice your bird identification skills by joining NC State Park Ranger Education and Interpretation Specialist, Brian Bockhahn for a Spring Bird Identification Workshop at beautiful Durant Nature Preserve. After a brief introduction on bird biology and identification tips, we'll spend the majority of our time in the field listening and looking for our Spring migratory birds. Dress for the weather, wear comfortable walking shoes and bring binoculars if you have them. This workshop will count towards criteria II requirements of the NC Environmental Education Certification program.

Durant Nature Preserve

#168023 Apr 29 W 8:00am-12:00pm

Educator Open House

Age: 18yrs and up. Educators, Scout Leaders, Homeschool Parents: Please join us for a tour of the newly-opened AWL Education Center at Wilkerson Nature Preserve. Find out how this 4,800 square-foot facility with its classrooms, exhibits and environmental education programming can meet your group's needs. The education center is a conversion of Dr. Annie Louise Wilkerson's historic home, gifted to the City of Raleigh in 2006 and dedicated to the use of conservation-related groups and nature education. All open house tours are free of charge. A nature activity for children will be provided to allow parents to participate in the adult-centered tour. Call the nature preserve for more information at (919) 996-6764 or to schedule a tour for your group.

Annie Louise Wilkerson Nature Preserve

#169077 Jan 14 W 4:00-5:00pm
#169078 Jan 16 F 5:00-6:00pm
#169079 Jan 17 Sa 10:30-11:30am
#169080 Feb 21 Sa 3:00-4:00pm
#169081 Mar 26 Th 4:00-5:00pm
#169082 Apr 28 T 6:30-7:30pm

Family

Astronomy Nights

Age: 5yrs and up. What's up in space this month? Find out the answer in our own monthly astronomy program. Each program begins with an indoor presentation and (weather permitting) moves outside after sunset to view the Moon, stars, and planets with the preserve's telescope. Children must be accompanied by an adult. Fee applies to

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all participants, ages 5 through adult.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$2

Triple Conjunction: Moon, Mars and Venus

#1666062 Feb 20 F 6:00-8:00pm

First Night of Spring

#1666063 Mar 20 F 7:30-9:30pm

Lyrids, the Moon, and Jupiter

#1666064 Apr 22 W 8:00-10:00pm

Campfire, Story and Marshmallow Roast

Age: 6yrs and up. Gather 'round the campfire while we read a nature story perfect for just this occasion. Share some quality time with your little one and the good company of others while roasting a marshmallow. Pre-registration is required at least four days in advance of program. Fee applies to all participants. Adults must register and accompany child(ren).

Durant Nature Preserve – Course Fee: \$2

#165725 Feb 13 F 6:00-7:00pm

Citizen Science

Age: 5yrs and up. Our natural world is filled with questions and you may have a piece of the answer in your own backyard! Citizen Science is all about how you can participate in real scientific research by contributing data scientists need to understand our changing world. All ages are welcome; children under 6 years must be accompanied by an adult. Fee applies to all participants ages 5 and up.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$2

Project Feederwatch

#166070 Jan 17 Sa 2:00-4:00pm

Project Budburst

#166071 Mar 28 Sa 2:00-4:00pm

Durant Family Campout

Age: 6yrs and up. Families gather to form a group and experience an overnight complete with a naturalist led night hike, dutch oven dinner, s'mores for the kids, breakfast provided for you, and time for fishing and boating in the morning. Your gear will be hauled by vehicle down to the primitive, lakeside campsite that we will call home for the night! Class Fee: Adults \$20, Youth \$15. Pre-registration is required at least four days prior to the program.

Durant Nature Preserve

Course Fee: \$15

#165728 Apr 24-25 F-Sa 6:00pm-11:00am

Course Fee: \$20

#165728 Apr 24-25 F-Sa 6:00pm-11:00am

Finding Your Way: Beginning Orienteering

Age: 8yrs and up. Learn to find your way in the woods using natural signs: the stars, the sun and other natural clues. Learn how compasses work and build your own compass to take home. Pre-registration is REQUIRED four days prior to program. For more information, contact Nature Programs at 919-996-6856.

Marsh Creek Park – Course Fee: \$4

#166303 Mar 19 Th 6:45-7:45pm

Frog and Toad Adventure

Age: 3yrs and up. Frogs and toads are close cousins. We'll find out how they are alike and how they are different. We will use nets to search for tadpoles, frogs and toads. Parent/guardian must pay and register with children under 16 years of age. Fee applies to each participant. Pre-registration is REQUIRED four days prior to program. For more information, contact Nature Programs at 919-996-6856.

Laurel Hills Community Center – Course Fee: \$2

#166306 Apr 15 W 1:30-2:30pm

Get Hooked!

Age: 5yrs and up. Join us for a lovely spring day on our lakeshore. We'll provide the bait, fishing poles and instruction to get you and your family hooked on fishing! Fee applies to all participants. Parents must register and accompany child(ren). Pre-registration required at least four days in advance.

Durant Nature Preserve – Course Fee: \$1

#165727 Apr 19 Su 3:00-4:30pm

Grandparent/Grandchild Story Time

Age: 3yrs and up. Join us for a special grandparent/grandchild activity. This story time will focus on a local nature topic. We will read a story and take a walk outside to explore. Pre-registration is required four days prior to the program. For more information, contact the Nature Programs at 919-996-6856.

Anne Gordon Center for Active Adults

Course Fee: \$2

#166297 Jan 20 T 10:00-10:45am

Naturalist Hikes

Age: 5yrs and up. What could be better than a walk in the woods? How about sharing a walk with other people interested in learning together? Join our experienced naturalist for a leisurely hike each month that focuses on the changing faces of the nature preserve through the seasons. Designed for all ages. Fee applies to ages 5 through Adult. Adult must register with child.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$2

Trees in Winter

#166065 Jan 10 Sa 10:30am-12:00pm

Peepers!

#166066 Feb 14 Sa 10:30am-12:00pm

March Wildflowers

#166067 Mar 14 Sa 10:30am-12:00pm

April Wildflowers

#166068 Apr 18 Sa 10:30am-12:00pm

Nature Detectives!

Age: 6yrs and up. Discover how animals in the wild leave clues for us so we know that they share our habitats. Participants will understand owl pellets and even dissect one. They will see animal skulls and bones and guess who they belong to. Participants will learn about animal tracks and create their own lasting impression of a wild creature. Pre-registration is REQUIRED four days prior to program. For more information, contact Nature Programs at 919-996-6856.

Laurel Hills Community Center – Course Fee: \$4

#166298 Jan 23 F 4:00-5:00pm

Nature Play Days

Age: 1yrs and up. Join us anytime between 11am and 3pm to enjoy our latest ideas for playing in nature. Children of all ages, as well as the young at heart, are welcome to join us for imaginative play in a natural setting. Dig for gemstones, make a fort out of natural materials, fly a kite, make mud pies, and more. We'll provide the materials and guidance to get you started on a playful adventure—free of charge! Children must be accompanied by an adult. If you can't make this play day, you can check out Nature Play kits free of charge whenever the park office is open.

Annie Louise Wilkerson Nature Preserve

#166023 Mar 21 Sa 11:00am-3:00pm

Nature/Sensory Play

Age: All Ages. Come check out Durant's newest garden—our Sensory and Nature play garden! Park staff will have guided activities to delight the senses and encourage nature play. Pre-registration is requested. Children must be accompanied by an adult.

Durant Nature Preserve

#168055 Mar 13 F 10:00am-12:00pm

#168061 Apr 10 F 10:00am-12:00pm

Predators on the Prowl

Age: 6yrs and up. When the sun goes down, whoooo do you think comes out to hunt? Join us as we take an evening walk in the woods to look and listen for winter predators. We'll finish our hike by roasting marshmallows over a campfire and practicing our predator calls. Pre-registration is required at least four days in advance. Parent must register and accompany child(ren).

Durant Nature Preserve – Course Fee: \$2

#165726 Jan 30 F 6:30-8:00pm

Radical Reptiles

Age: 6yrs and up. Come discover the truth about these often misunderstood animals. We will learn about snakes, lizards, and turtles; where they live, what they eat and what to do if you see one in the wild. We will see and touch some live reptiles. Pre-registration is REQUIRED four days prior to program. For more information, contact Nature programs at 919-996-6856.

Marsh Creek Park – Course Fee: \$2

#166299 Feb 4 W 6:45-7:45pm

Twilight Walk

Age: 4yrs and up. Many animals are active right around sunset or shortly after. Take a walk with a park naturalist to explore the woods and fields at this special time. Look for deer, coyotes, and owls. Designed for families with young children. All ages welcome. Children must be accompanied by an adult. Fee applies to all participants, ages 4 through adult. Children under 4 do not need to register.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$2

#166083 Mar 7 Sa 5:30-7:30pm

School Programs

Youth

Weather Bound

Age: 5-11 yrs. Need a structured place for your children to play when Wake County Schools are closed for the day due to inclement weather?

Program hours are 8:00am to 5:00pm. Activities may include sports, crafts, games, computer games, movies and outdoor play. Children should bring a lunch, two snacks, drinks and a change of clothes. Pre-registration is recommended. Space is limited.

Jaycee Community Center – Course Fee: \$25



Teen

Teens Traveling the Triangle

Age: 11-14 yrs. Looking for something exciting to do on your day off from school? Teens Traveling the Triangle will provide just that! This program will occur on WCPSS teacher workdays and spring break provides an opportunity for middle school teens to experience a few of the diverse attractions that the Triangle has to offer. At least 2 field trips will occur each day. Example of possible field trips include local parks and museums, arcades, facility tours of local sports arenas, bowling and much more! Participants will need to be dropped off by 9:00am and will need to be picked up between 4:30-6:00pm. Parents please send two snacks and a lunch with your child.

Jaycee Community Center – Course Fee: \$35

#165293	Jan 20	T	7:30am-6:00pm
#165294	Mar 23	M	7:30am-6:00pm
#165295	Mar 24	T	7:30am-6:00pm
#165296	Mar 25	W	7:30am-6:00pm
#165297	Mar 26	Th	7:30am-6:00pm
#165298	Mar 27	F	7:30am-6:00pm

Sport Snack Game Plan

When it's your turn to bring snacks for the team, it can be tough to decide which options are the best and healthiest. Here are a few tips to help you find tasty and healthy snacks the whole team can enjoy.

SNACK & DRINK SUGGESTIONS

Fruit and water are always the best snack choices for kids on the move. Try these popular options:

- > Orange & apple wedges
- > Fresh peaches, pears, watermelon or other seasonal fruit
- > Dried fruit, nuts and raisins
- > Bananas, grapes & strawberries
- > Fruit cups (packed in juice) or sugar-free applesauce
- > Water – no need for sugar-packed drinks

GRAB & GO - THE PRICE IS RIGHT!

Not only is grabbing fresh fruit and water fast and easy, it's cost effective too. Check out this price comparison for a team of 12.

Healthy Snack Total = \$7.29

- > Fresh bananas/oranges/apples - \$3 to \$4 a bag
- > 16-pz. natural spring water bottles (15 pack) - \$3.29

Typical Snack Total = \$10.25

- > Mini bags of cookies (12 pack) - \$4
- > Two boxes of 7 oz. Capri Sun drink pouches (10 packs in each) - \$6.25



www.advocatesforhealthinaction.org

Social Programs



Preschool

Anderson Point Dinosaur Expedition

Age: 5-8yrs. Join other junior paleontologists as we learn interesting facts about dinosaurs, make a craft and hunt for dinosaur eggs. Junior paleontologists will meet at the small shelter near the playground.

Anderson Point – Course Fee: \$5

#167208 Apr 21 T 5:00-5:45pm

Anderson Point Treasure Hunt

Age: 3-5yrs. The leprechauns have been hiding treasure at Anderson Point Park and we are ready to find it! Children will make a craft and go on a hunt for the gold. Meet the staff at the small shelter for the adventure to begin!

Anderson Point – Course Fee: \$5

#167209 Mar 17 T 10:00-10:45am

Birthday Parties – Celebration Station

Age: 2-10yrs. Plan your child's next birthday party at Brier Creek Community Center! Includes: one three hour room rental, and 45 minutes organized activity with instructor. Choose from a variety of themes such as

Gymnastic Gems, Cheerful Cheerers, Ballerina Beauties, Teddy Bear Tea Time, Bollywood Dance Party and Sports! Max 12 kids. To reserve your party, just call : Brier Creek 420-2340.

Brier Creek Community Center – Course Fee: \$185

#167789 Jan 6 T 1:00-3:00am

Little Leprechauns

Age: 2-5yrs. Come and celebrate St. Patrick's Day with us. There will be several stations set up for the children. We will have arts and crafts, stories, dancing and much more. Don't forget to wear green! Please pre-register your children.

Pullen Community Center – Course Fee: \$5

#167403 Mar 17 T 10:00-11:30am

Playgroup Tot Time

Age: 1-5yrs. The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children. Sports and recreation equipment will be available for use. This program is free and registration is required to attend.

Barwell Road Community Center

#166432 Jan 7-Apr 29 W 10:00am-12:00pm

Biltmore Hills Community Center

#167923 Jan 7-Apr 29 W 10:30am-12:00pm

Green Road Community Center

#165062 Jan 6-Apr 30 T,Th 10:00am-12:00pm

Lake Lynn Community Center

#167997 Jan 9-Apr 24 F 9:30-11:30am

Laurel Hills Community Center

#167602 Jan 6-Apr 30 T,Th 10:00am-12:00pm

Millbrook Exchange Community Center

#165250 Jan 5-Apr 27 M 10:30am-12:00pm

The Great Carrot Caper at Eastgate Park

Age: 1-5yrs. Franklin, the resident bunny at Eastgate Park, has lost his carrots. We need your help in solving this mystery. Join other preschool friends at Eastgate Park as we help Franklin find her carrots and get her back on the bunny trail. We will play some bunny themed games and create some art to take home. Come dressed for the outdoors!

Eastgate Park – Course Fee: \$10

#165276 Apr 2 Th 10:00-11:15am

Tot Hour

Age: 2-4yrs. Bring out your toddler to meet others in a fun and safe learning environment. During this hour each week there will be toys, books, sensory activities and much more set up for you and your toddler to enjoy. Please pre-register your child so we can plan accordingly.

Pullen Community Center

#167427 Jan 8 Th 10:00-11:00am

#167433 Jan 22 Th 10:00-11:00am

#167434 Feb 5 Th 10:00-11:00am

#167435 Mar 5 Th 10:00-11:00am

#167436 Mar 19 Th 10:00-11:00am

#167437 Apr 2 Th 10:00-11:00am

#167438 Apr 16 Th 10:00-11:00am

#167439 Apr 30 Th 10:00-11:00am

#168128 Feb 19 Th 10:00-11:00am

Valentines Day Celebration at Eastgate Park

Age: 1-5yrs. Join other preschool children and their parents for a celebration of St. Valentines Day at Eastgate Park. Children and their parents will enjoy some Valentine's Day themed games, crafts and snacks. Be sure to dress for activity and be prepared for going outside if the weather allows. Class meets in the community center at Eastgate Park. Don't miss this great opportunity to celebrate Valentines Day with your Eastgate friends!

Eastgate Park – Course Fee: \$10

#165277 Feb 12 Th 10:00-11:15am

Youth

Birthday Parties at Sanderford Road

Age: 3-9yrs. Join us at Sanderford Road Center to host your child's birthday party. We will provide decorations and a games kit for your party. Parties for ages 1-12 only. See you at Sanderford!

Sanderford Road Park – Course Fee: \$100

#168056 Jan 3 Sa 1:00-4:00pm

Breakfast with the Bunny

Age: Up to 10yrs. Hop on over to Laurel Hills for the annual Egg Hunt which will include crafts and other family entertainment. Enjoy light refreshments and meet the Bunny!

Laurel Hills Community Center

#167605 Mar 28 Sa 10:00-11:00am

Cinema Night

Age: 5-10yrs. Drop off the children for a movie night where we will be watching a G rated movie. The children will also get a drink and a bag of popcorn. Please pre-register your children.

Pullen Community Center – Course Fee: \$5

#168129 Jan 23 F 6:00-8:30pm

Daddy Daughter Dance

Age: All Ages. Hey, Dads and daughters, get dressed up and celebrate Valentine's Day at Laurel Hills with a night of dancing, refreshments and great entertainment. The fee includes heavy hors d'oeuvres, a flower for each daughter and door prizes. Bring your camera to capture this fun evening! A photo area will be set up and staff will be available to assist with picture taking—no photos will be printed on site. Register early, space is limited! Cost is PER PERSON.

Laurel Hills Community Center – Course Fee: \$15

#167606 Feb 13 F 6:30-8:30pm

Egg-tastic

Age: 5-10yrs. During this parent's night out children will get to dye and decorate eggs. They will get to choose from a variety of different options. Each child will get to bring their eggs home. Please pre-register your children.

Pullen Community Center – Course Fee: \$5

#167416 Apr 2 Th 6:00-8:00pm

Family Game Room

Age: 4-15yrs. Are you participating in a class or program at Green Road? Do you want somewhere safe that you can bring your child or your family to play a game together? Consider the Green Road Family Game Room! For parents who are participating in a class that occurs during our open game room hours you can bring your child to play in the game room while you take your class! If you want to bring your family to play a game together, then this is the place for you. If you are not participating in a class or program, you must stay with your child while they are in the game room. The game room will be staffed during open hours. Child must be potty trained.

Green Road Community Center

#165060 Jan 2-Apr 29 M,W,F-Sa 6:00-9:00pm

Game room

Age: 6-18yrs. Peach Road's game room will be open designated week nights 6:30-8:00 pm. Play nintendo, Wii, billiards or table tennis. You must register to 'drop-in' and be 12 years old and up to play billiards.

Peach Road

#166828 Jan 2-May 4 M,F-Sa 6:30-8:00pm

Heart's Delight Cooking and More

Age: 5-10yrs. Children will be making a few cooking projects, all in the shape of hearts. They will also be making some valentine crafts and will play some games. Please pre-register your child.

Pullen Community Center – Course Fee: \$5

#167399 Feb 6 F 5:30-8:30pm

Hopping Good Time

Age: All Ages. Come join us for a 'hopping good time' as we play games and do arts and crafts in preparation for the Egg Hunt!

Tarboro Road Community Center

#168792 Mar 28 Sa 10:00-11:00am

Kidz Crafty Cooking

Age: 5-8yrs. Youth will be making edible treats to celebrate Valentines and St. Patricks Day. Come enjoy and have some fun with a cooking experience for everyone. Youth will be broken up into age groups for this activity. Ages (5-6) and (7-8). Chavis Community Center-Course Fee: \$5

Be Mine....Valentine

#167848 Feb 13 F 2:00-3:00pm

#167885 Feb 13 F 3:15-4:15pm

Pot "O" Gold

#167914 Mar 17 T 5:00-6:00pm

#167916 Mar 17 T 6:15-7:15pm

Lights, Camera and Popcorn

Age: 6-14yrs. Yes, you can. Parents, drop the kids off and have some free time. Your kids will enjoy a great movie, refreshments and peers. We provide supervision. Your kids will be in a safe, clean and fun environment. Pizza and drinks served.

Roberts Park Community Center

#168392 Mar 27 F 6:00-8:30pm

#168393 Apr 25 Sa 12:00-2:00pm

Course Fee: \$1

#168391 Feb 27 F 6:00-8:30pm

Love Bugs Activity Night

Age: 6-12yrs. Come join us for a special night of craft making. Your child will prepare their own special 'love bug' to give to the one they love most!

Tarboro Road Community Center

#167686 Feb 10 T 6:00-7:30pm

Open Activities

Age: 6-16yrs. Play games, create crafts and have fun. Call or come visit us to see what we have planned

Peach Road

#167555 Jan 3-May 2 Sa 11:30am-4:30pm

Speckled Eggs

Age: 6-12yrs. Have a hoppin' good time as we dye eggs and participate in a hunt. Please bring a basket and come dressed for a mess.

Halifax Community Center – Course Fee: \$5

#167911 Apr 2 Th 6:00-7:30pm

Treasure Hunters

Age: 6-12yrs. Will you be the lucky one and find the pot of gold? Everyone will participate in a scavenger hunt that will end with a surprise! There will be games and crafts to keep the lads busy.

Halifax Community Center – Course Fee: \$5

#167706 Mar 13 F 6:00-7:30pm

Wii Game Night at Sanderford Road Center

Age: 5-14yrs. Join us at Sanderford Road Center the 1st Friday of each month for Wii Game Night! Bring yourself and bring a couple of friends. Put your game face on and have fun!

Sanderford Road Park

#167800 Jan 9 F 6:00-8:00pm

#167801 Feb 6 F 6:00-8:00pm

#167802 Mar 6 F 6:00-8:00pm

#167803 Apr 3 F 6:00-8:00pm

Youth Gym Time

Age: 4-14yrs. This is an opportunity for play geared towards homeschooled or tracked out youth. Some recreational equipment, such as sports balls and building blocks, will be provided. Participants must be supervised by parent or guardian while in the gym.

Barwell Road Community Center

#166436 Jan 6-Apr 28 T 1:00-3:00pm

Youth Movie Night

Age: 6-14yrs. Come join us for a night of movie watching with your friends! We will provide the popcorn and a drink as well as an age appropriate movie everyone will enjoy!

Tarboro Road Community Center

#167660 Jan 20 T 6:00-7:30pm

#167662 Feb 17 T 6:00-7:30pm

#167664 Mar 17 T 6:00-7:30pm

#167668 Apr 21 T 6:00-7:30pm

Teen

Pre-teen Scene

Age: 10-13yrs. Activities include field trips, team building, life skills, leadership skills etc. Call for more information, 919-807-8545.

Peach Road

#166829 Jan 8-Apr 30 Th 6:30-7:30pm

Raleigh Youth Council

Age: 14-18yrs. Are you a high school student interested in initiating, organizing, and executing programs and projects that benefit teens? The Raleigh Youth Council is for teens and is run by teens. They focus their involvement on leadership opportunities, community service, recreation, and fundraising as well as special events such as: Youth Legislative Assembly, State Youth Council Conferences, and other events that develop leadership qualities and help members realize their full potential. The Raleigh Youth Council creates a forum where

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teens can freely express their ideas and opinions and serve as advocates for teens in Raleigh and Wake County. The Raleigh Youth Council is sponsored by the Raleigh Parks, Recreation and Cultural Resources Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating please contact the Teen Program at 919-996-2139.

Laurel Hills Community Center

#168425	Jan 26	M	7:00-8:00pm
#168426	Jan 12	M	7:00-8:00pm
#168427	Feb 9	M	7:00-8:00pm
#168428	Feb 23	M	7:00-8:00pm
#168429	Mar 9	M	7:00-8:00pm
#168430	Mar 23	M	7:00-8:00pm
#168431	Apr 13	M	7:00-8:00pm
#168432	Apr 27	M	7:00-8:00pm
#168433	May 11	M	7:00-8:00pm

Saint Monica Shop Til You Drop

Age: 13-19yrs. Love shopping? Trying to find a birthday gift for someone, start early on your holiday lists or maybe you just want to find something for yourself? Join us as we take a trip down to the Carolina Premium Outlets in Smithfield for a day of fun and shopping! Manage your own money and find some great deals! PARTICIPATION REQUIRES SAINT MONICA TEEN CENTER MEMBERSHIP PACKET ON FILE.

St. Monica Teen Center – Course Fee: \$5

#168654	Mar 21	Sa	9:00am-2:00pm
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Saint Monica Teen Center Super Bowl Party

Age: 13-19yrs. Ready for the biggest football game of the season? Come to the Saint Monica Teen Center to enjoy the Super Bowl with all of your friends. There's bound to be great football action and plenty of hilarious commercials as well. And no Super Bowl party would be complete without some snacks to enjoy during the game.

St. Monica Teen Center – Course Fee: \$3

#168639	Feb 1	Su	6:00-9:30pm
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Teen Corps Service Day

Age: 14-17yrs. Attention Teens! Need to fill some community service requirements for high school? Teen Corps Service Day will provide an opportunity to serve the community while having fun and developing as a leader in the process. This program will occur during spring break for WCPSS and will feature at least two service opportunities that will be both fun and challenging. There will be a special reward at the end of the day to celebrate the experience. Participants will need to bring a lunch and two snacks. Please contact the Teen Program at 919-996-2141 for more information.

Jaycee Community Center

Course Fee: \$35

#168333	Mar 24	T	7:30am-6:00pm
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Millbrook Exchange Community Center

Course Fee: \$35

#168334	Mar 26	Th	7:30am-6:00pm
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Teen Outreach Program

Age: 13-17yrs. Every teenager wants and deserves a safe place to visit where the door is always open to them. The Teen Outreach Program (TOP) of the Raleigh Parks, Recreation and Cultural Resources Department offers such a place for our teenagers. Our mission is to provide a consistent positive alternative by providing recreational opportunities for youth. The program will focus on arts, athletics, and achievement. Program locations will be: Courtney T. Johnson, John Chavis, Green Road, Lions Park, Method Road, Millbrook Exchange, and Tarboro Road Centers weekdays from 3-6pm. Contact 919-996-2141 or one of the community centers for more information. Please note the program will not be offered March 23-27 during WCPSS spring break.

Chavis Community Center

#168315	Jan 5-May 29	M-F	3:00-6:00pm
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Green Road Community Center

#168320	Jan 5-May 29	M-F	3:00-6:00pm
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Lions Park Community Center

#168316	Jan 5-May 29	M-F	3:00-6:00pm
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Method Road Community Center

#168317	Jan 5-May 29	M-F	3:00-6:00pm
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Millbrook Exchange Community Center

#168321	Jan 5-May 29	M-F	3:00-6:00pm
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Sgt. Courtney T. Johnson Center

#168314	Jan 5-May 29	M-F	3:00-6:00pm
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Tarboro Road Community Center

#168318	Jan 5-May 29	M-F	3:00-6:00pm
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Teens Fun Friday at Method

Age: 13-16yrs. Method Community Park provides a safe place for teens to hang out, socialize, play games, do arts and crafts, video gaming, and rap sessions on the current issues. Life snacks will be provided.

Method Road Community Center

#168689	Mar 20	F	6:00-8:30pm
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Adult

Bridge – Capitol Bridge Club

Age: 18yrs and up. Come join the Capitol Bridge Club as they meet twice a week for competitive bridge in a social atmosphere. Experienced players are welcome to join the Club. No bridge is played on City holidays. The club meets at Jaycee Center except during the summer months. During the summer, the club moves to Glen Eden. Membership dues \$1/person/meeting.

Jaycee Community Center – Course Fee: \$1

#167010	Jan 2-30	T,F	9:00am-1:30pm
#167011	Feb 3-27	T,F	9:00am-1:30pm
#167012	Mar 3-27	T,F	9:00am-1:30pm
#167013	Apr 3-28	T,F	9:00am-1:30pm

Bridge 101

Age: 18yrs and up. If you are new to bridge or just want to brush up on the basics then this class is for you. Topics covered include: etiquette, rank of suits and counting points, opening bids and responding, raising your partner, preemptive bids, the overcall, score keeping, game points, doubles, and the finesse. Conventions covered are the Better Minor, Short Club, Blackwood, Gerber, and Stayman. Sessions are hands on and accompanied by a syllabus. Please pre-register for this class. Please note that there is a class for those with some experience and a class for beginners.

Pullen Community Center – Course Fee: \$35

Intermediate Bridge Classes

#168035	Jan 7-Feb 11	W	10:00am-12:00pm
#168036	Jan 5-Feb 2	M	1:00-4:00pm
#168095	Feb 25-Apr 1	W	10:00am-12:00pm
#168097	Feb 16-Mar 16	M	1:00-4:00pm

Bridge Club

Age: 18yrs and up. Join fellow Bridge enthusiasts at this weekly afternoon club. Come and join a very competitive atmosphere for experienced players and have a lot of fun at the same time. Fees are \$1 per person per meeting.

Tarboro Road Community Center – Course Fee: \$1

#167556	Jan 6-27	T	12:00-3:00pm
#167557	Feb 3-24	T	12:00-3:00pm
#167558	Mar 3-31	T	12:00-3:00pm
#167559	Apr 7-28	T	12:00-3:00pm

Card Night for Adults

Age: 18yrs and up. Want a place to play cards? Come out to Millbrook Exchange Community Center to play a hand of cards and socialize with friends. Play begins at 6:00pm.

Millbrook Exchange Community Center

#165248	Jan 2-Apr 24	F	6:00-8:30pm
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Cardinal Singers

Age: All Ages. The Cardinal Singers ensemble is a women's chorus, sponsored by the City of Raleigh's Parks and Recreation Department. They are the winners of the 2008 Fred Fletcher Outstanding Volunteer Award of Excellence, and are now celebrating their 30th year. The Cardinals sing for a variety of occasions and groups, including civic organizations and retirement communities. They rehearse Thursdays, 9:30-11:30am, September through May, at the Five Points Center for Active Adults, 2000 Noble Road. Open auditions are held during the September rehearsals.

Five Points Center for Active Adults

#165222	Jan 8-Apr 30	Th	9:30-11:30am
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ChavisASBL

Age: 17yrs and up. Chavis Adult Summer Basketball League is for high level competition adult men's basketball teams.

Halifax Community Center – Course Fee: \$435

#167723	Jun 15-Aug 4	M-T	6:00-10:00pm
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Coupon Swap!

Age: All Ages. Persons interested in saving money and passing along deals to help others. Please bring clipped, unexpired coupons to share and trade with the group. Please do not bring coupons printed from a computer.

Carolina Pines Community Center

#168672	Jan 14	W	1:00-3:00pm
#168673	Feb 11	W	1:00-3:00pm
#168674	Mar 11	W	1:00-3:00pm
#168675	Apr 15	W	1:00-3:00pm

German Shepherd Dog Club

Age: 18yrs and up. The purpose of the German Shepherd Dog Club is to improve the breed through the education of the club's members and the public at large. The club meets the first Wednesday of each month and offers lectures and demonstrations throughout the year. See club president for information on meeting topics and club dues.

Millbrook Exchange Community Center

#166802	Jan 7	W	7:00-9:00pm
#166803	Feb 4	W	7:00-9:00pm
#166804	Mar 4	W	7:00-9:00pm
#166805	Apr 1	W	7:00-9:00pm

Morning Miles

Age: 18yrs and up. It's always nice inside, so don't worry about the weather. Lace up your sneakers to walk or run a few laps around our indoor track.

Halifax Community Center

#168346	Jan 5-30	M-F	10:30am-12:00pm
#168347	Feb 2-27	M-F	10:30am-12:00pm
#168348	Mar 2-27	M-F	10:30am-12:00pm
#168349	Apr 1-28	M-F	10:30am-12:00pm

Raleigh Hemerocallis Club

Age: 13yrs and up. Day Lilly flower club meets the second Tuesday of the month.

Powell Drive Park

#168724	Jan 13	T	6:30-8:30am
#168726	Feb 10	T	6:30-8:30am
#168727	Mar 10	T	6:30-8:30am
#168728	Apr 14	T	6:30-8:30am

Raleigh Zig Zaggers Square Dance Club

Age: 14yrs and up. The Zig Zaggers are a challenge-level square dancing group that meets every Monday. The group is open to all square dancers who have completed the A-1 level and want to take lessons at the C-1 level.

Powell Drive Park – Course Fee: \$1

#168729	Jan 5-26	M	7:30-9:30pm
#168730	Feb 2-23	M	7:30-9:00pm
#168731	Mar 2-30	M	7:30-9:30pm
#168732	Apr 13-27	M	7:30-9:30pm

Sertoma Group – North Raleigh Rotary

Age: 18yrs and up. The Rotary Club of North Raleigh meets weekly for fellowship, buffet lunch, and an informative presentation from a guest speaker. For information visit <http://www.northraleighrotary.org/>

Sertoma Arts Center – Course Fee: \$1

#165671	Jan 7-Apr 29	W	12:30-2:00pm
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Sertoma Group – Portrait Painters

Age: 16yrs and up. If you're interested in portrait painting, this is the group for you! Come out on Tuesday mornings and join a group dedicated to producing beautiful portraits. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues.

Sertoma Arts Center – Course Fee: \$1

#165719	Jan 6-Apr 28	T	9:00am-12:00pm
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Sertoma Group – Raleigh Miniatures Guild

Age: 18yrs and up. This group is for arts enthusiasts specializing in the craft of miniatures. The Guild meets the 1st and 3rd Thursdays each month. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues.

Sertoma Arts Center – Course Fee: \$1

#165721	Jan 8-Apr 16	Th	1:00-3:00pm
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Sertoma Group – Sertoma Park Artists

Age: 16yrs and up. Come join this creative group of artists that meets every Thursday. Individuals are welcome to visit the group and find out more about joining. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues.

Sertoma Arts Center – Course Fee: \$1

#165720	Jan 8-Apr 30	Th	9:00am-12:00pm
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Sister Share at CP

Age: 18yrs and up. A support group for ladies that meet the 2nd and 4th Thursdays of each month.

Carolina Pines Community Center

#165659	Mar 12	Th	6:30-8:00pm
#165660	Mar 26	Th	6:30-8:00pm
#165661	Apr 9	Th	6:30-8:00pm
#165662	Apr 23	Th	6:30-8:00pm

Tarheel Triangle Cat Fancier

Age: All Ages. This group meets to discuss different issues related to the breeding of long-haired and short-haired cats. Members discuss topics that help enhance their knowledge of cats. See club leader for more information. The club meets the second Wednesday of the month.

Millbrook Exchange Community Center

#166808	Jan 14	W	6:30-8:30pm
#166809	Feb 11	W	6:30-8:30pm
#166811	Mar 11	W	6:30-8:30pm
#166812	Apr 8	W	6:30-8:30pm

Senior

Bingo

Age: All Ages. This is not your typical Bingo...we play a variety of games each day from straight bingo, to 4 corners, postage stamp and clear all. Cost is \$1 for 3 cards or 50 cents per card.

Anne Gordon Center for Active Adults

#165218	Jan 2-Apr 24	F	10:00am-12:00pm
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Green Road Community Center

#165035	Jan 6-Apr 28	T	10:00am-1:00pm
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Greystone Community Center

#168676	Jan 6-Apr 30	T,Th	2:00-3:30pm
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Marsh Creek Park

#167741	Jan 8-Apr 30	Th	10:00am-1:00pm
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Method Road Community Center

#168571	Jan 8-Apr 30	Th	10:30am-12:30pm
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Bingo Seniors

Age: 55yrs and up. You can get B-I-N-G-O horizontally, vertically or diagonally and other ways too! Win great prizes. Must be 55 or older to hollar BINGO. Cost is \$ 1 for 3 cards. You can't win if you don't play. Refreshments provided.

Roberts Park Community Center – Course Fee: \$1

#168214	Jan 13	T	12:00-1:30pm
#168215	Feb 17	T	12:00-1:30pm
#168216	Mar 17	T	12:00-1:30pm
#168217	Apr 21	T	12:00-1:30pm

Bridge for Active Adults – Open Play

Age: All Ages. Join other bridge players for this open play program. All experience levels are welcome.

Five Points Center for Active Adults

#165219	Jan 8-Apr 30	Th	10:00am-12:00pm
#165220	Jan 2-Apr 24	F	12:30-3:00pm

Cards and Maj Jongg Open Play

Age: All Ages. Want to play cards, Bridge, Canasta, Poker, mahjongg or more with your friends? Have not played in a while and want to freshen up your skills? This is an open play time for all. Bring your supplies or use ours.

Anne Gordon Center for Active Adults

#165231	Jan 2-Apr 24	F	1:00-4:00pm
#165232	Jan 6-Apr 28	T	1:00-3:00pm

Intermediate Bridge and Game Day

Age: All Ages. Join you fellow game players for intermediate bridge, canasta, dominoes, and other board games. Bring your own games to share with the group if you wish.

Five Points Center for Active Adults

#165371	Jan 12-May 4	M	1:00-4:00pm
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Mah Jongg Beginners

Age: All Ages. Mah Jongg is a tile game that can be traced back to the 1800s. Recently a growing number of people are realizing the intellectual challenge Mah Jongg poses and the beauty and excitement of the game itself.

Five Points Center for Active Adults

#165507	Jan 8-29	Th	2:00-4:00pm
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Greystone Community Center

#165506	Jan 5-26	M	2:00-4:00pm
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Mah Jongg Intermediate

Age: All Ages. These intermediate workshops are for those who have been through the Mah Jongg beginners workshop or have played the game in the past and need a refresher course.

Five Points Center for Active Adults

#165509 Feb 5-26 Th 2:00-4:00pm

Greystone Community Center

#165508 Feb 2-23 M 2:00-4:00pm

Mah Jongg Open Play

Age: 50yrs and up. This program is for those that know how to play and do not need instructions. Bring your game boards and cards, some supplies are available.

Marsh Creek Community Center

#168167 Jan 5-Apr 27 M 1:30-3:30pm

Men's Monday Mornings

Age: 50yrs and up. Men are you looking for a place to hang out, play some games, make new friends and socialize that is for guys only? Men's Monday Mornings is just what you are looking for. Drop in and enjoy coffee, play card games, participate in a game of Cornhole, or just visit.

Anne Gordon Center for Active Adults

#165510 Jan 5-Apr 27 M 9:00am-12:00pm

Movies in the Park

Age: All Ages. Are you in the mood for a good movie? Then come join us as we escape to the silver screen! We will view current films as well as the classics—check with each site for specific titles. Light refreshments will also be served. Pre-registration is required.

Anne Gordon Center for Active Adults

Course Fee: \$2

#165512 Jan 8-Apr 30 Th 10:15am-12:00pm

Five Points Center for Active Adults

Course Fee: \$2

#165511 Jan 5-Apr 27 M 2:00-4:00pm

Green Road Community Center

Course Fee: \$2

#165061 Jan 7-Apr 29 W 10:00am-12:00pm

Senior Citizens Club

Age: 55yrs and up. A social club for persons 55 and older. Activities include trips, educational and physical activities, banquets, movies, music, guest speakers, special events and more. An excellent way to make new friends and fulfill the need to belong.

Roberts Park Community Center

#168233 Jan 6-27 T 10:30am-12:30pm

#168234 Feb 3-24 T 10:30am-12:00pm

#168235 Mar 3-31 T 10:30am-12:00pm

#168236 Apr 7-21 T 10:30am-12:00pm

#168237 May 5-26 T 10:30am-12:30pm

Senior Club – Carolina Pines

Age: 55yrs and up. Join this group of seniors as they meet once per month for fun and fellowship. Individuals are invited to join us for trips, seminars, bingo, entertainment, home cooked meals, restaurant visits, tours and anything else we plan to do. Carolina Pines Senior Club will meet at Carolina



Pines Community Center. Dues \$10 per year. Call Carolina Pines for schedule 919-831-6435.

Carolina Pines Community Center

#165663 Jan 14 W 10:30am-12:30pm

#165664 Feb 11 W 10:30am-12:30pm

#165665 Mar 11 W 10:30am-12:30pm

#165666 Apr 15 W 10:30am-12:30pm

Senior Club – Laurel Hills

Age: 55yrs and up. Join the Laurel Hills Bridge Club as they meet weekly to play bridge in a fun and relaxed atmosphere. New participants are welcome to join us anytime!

Laurel Hills Community Center

#167604 Jan 6-Apr 28 T 10:15am-1:00pm

Seniors Craft Group

Age: All Ages. Join your fellow crafters for this craft program. Bring your own unfinished items to work on, or assist with projects for donation to local hospitals and charitable organizations.

Five Points Center for Active Adults

#165875 Jan 5-Apr 30 M-Th 10:00-11:30am

Family

Cupid's Carnival

Age: 6yrs and up. Celebrate the day of love at Cupid's carnival. Games, crafts, food and more!

Halifax Community Center

#168350 Feb 13 F 6:00-8:00pm

Family Night at the Movies

Age: 5yrs and up. We've got the movie-you bring the kids, parents, or friends! Join us the last Friday of each month at Sanderford Road Center. Pre-registration is required.

Sanderford Road Park

#168064 Jan 30 F 6:00-8:00pm

#168065 Mar 27 F 6:00-8:00pm

Game It Up

Age: 4yrs and up. Socialize with friends while playing popular games like Uno, Connect Four, Sorry, Twister. Like a challenge? Try Pictionary, Taboo, or Cranium for the older gamers.

Sanderford Road Park

#167813 Jan 16 F 6:00-8:00pm

#167814 Feb 13 F 6:00-8:00pm

#167815 Mar 13 F 6:00-8:00pm

#167816 Apr 10 F 6:00-8:00pm

Games Galore at Sanderford

Age: 5-15yrs. See you at Sanderford for a night filled with fun, games, and more games! There will be so much to do... boredom is not an option. Bring the family... the more the merrier! See you soon!

Sanderford Road Park

#168573 Jan 23 F 6:00-8:00pm

#168574 Feb 20 F 6:00-8:00pm

#168575 Mar 20 F 6:00-8:00pm

#168576 Apr 17 F 6:00-8:00pm

Princess and Father Dance

Age: All Ages. An evening fit for a Princess. Come out for a magical evening. This event will be held at Biltmore Hills Community Center.

Biltmore Hills Community Center – Course Fee: \$20

#167577 Feb 14 Sa 5:00-7:00pm

Sanderford Road Field Day

Age: 5-12yrs. Get out and enjoy participating in field games and activities that were popular before the 'computer era'. Games may include, but not be limited to kickball; horseshoes; sack races; 3-legged races; obstacle course; and more. Guaranteed to be a lot of fun!

#168752 Apr 24 F 5:00-6:00pm

The Golden Years Clubs

Clubs are composed of person age 55 and better. Please contact the club leader for more information on a club's activities.

Asbury Joy Club

Asbury UMC
3rd Thursday, 11am
June (919)848-1392

Best Is Yet To Be

Powell Drive Community Center
1st/3rd Friday, 10am
Mary Lou (919)846-0492

Brier Creek Senior Club

Brier Creek Community Center
Tuesdays, 10am
Robert (919)420-2340

Caraleigh Club

Caraleigh Community Clubhouse
Tuesdays, 10am
Mary Lou (919)846-0492

Carolina Pines Club

St. Barnabus Church
2nd Wednesday, 10:30am
Tonya (919)217-9580

Catholic Golden Age

Our Lady of Lourdes Catholic
1st Sunday, 1:30pm
Ed (919)217-9580

Fellowship Club

West Raleigh
Presbyterian Church
2nd/4th Tuesday, 10am
Laura (919)851-7042

Fifty-Five Plus Club

Anne Gordon Center
Wednesdays, 9:15am
Nancy (919)264-7818

First Cosmopolitan Club

First Cosmopolitan
Baptist Church
3rd Wednesday, 1pm
Gene (919)266-1222

Gems

Watts Chapel Baptist Church
1st/3rd Wednesdays, 10 am
Shirley (919)781-6532

Gardens at Wakefield

Gardens at Wakefield
1st Monday, 2pm
Patrick (919)554-2520

Go-Getters Club

Stonehenge Apartments
Clubhouse
2nd/4th Thursday, 10am
Betty (919)846-2632

Golden Circle Club

Lions Park Community Center
2nd Monday, 10am
Helen (919)250-0058

Golden Eagles Club

Top Greene Center
Wednesdays, 11am
Carletta (919)250-2730

Golden Jewels

St. Paul AME Church
Wednesdays, 10am
Valerie (919)789-2266

Grand Age Club

Hayes Barton United Methodist
Thursdays, 11:15am
Margie (919)467-0572

Heddingham Hi-Milers

Willow Oak Clubhouse
3rd Tuesday, 10:30am
Bob (919)649-4738

Keenagers Club

White Memorial
Presbyterian Church
Thursdays, 10:30am
Judy (919)834-3424

Lake Lynn Seniors

Lake Lynn Community Center
Tuesdays, 10am
Karen (919)841-0324

Lions Park Club

Lions Park Community Center
1st/3rd Wednesday, 10am
Jason (919)831-6995

OCBC Twilighters

Oak City Baptist Church
1st/3rd Wednesday, 11:30am
James (919)477-6737

Parkview Manor

Parkview Manor Apartments
2nd Tuesday, 2:00pm
Juanita (919)821-7728

Platinum Plus

Sanderford Road Center
Wednesdays, 10:30am
Ricky (919)250-2757

Prime Timers Club

Hillyer Memorial Church
3rd Thursday, 10:30am
Dick (919)851-3046

Pullen Park Club

Pullen Park Community Center
Wednesdays, 10am
Abigail (919)831-6052

Quail Hollow Club

Eastgate Center
Wednesdays, 9:45am
Susan (919)870-0557

Roberts Park SR Club

Roberts Park Community Center
Wednesdays, 10:30am
Sherri (919)831-6830

Snappy Seniors

Marsh Creek Community Center
1st and 3rd Monday, 10am
Dorothy (919)231-0363

St. Francis Club

St. Francis of Assisi Parish
2nd Wed 11am, 4th Wed 12pm
Kathleen (919)848-1557

St. Joseph's Seniors

St. Joseph's Catholic Church
3rd Sunday 1pm
4th Thursday Dinner
Lorraine (919)266-3889

Smiling Age Club

Billmore Hills Community Center
Tuesdays, 10am
Kenny (919)831-6895

Thirty-Niners Club

First Baptist Church
Thursdays, 10:30am
Mary Alice (919)832-4485

Touch of Love

St. Matthew Baptist Church
2nd/4th Wednesday, 10am
Dee (919)630-0320

The Trailblazers

Mt. Pleasant Baptist Church
10720 Falls of the Neuse Road
2nd Tuesday 10:30am
Lizzie (919)847-0831

Trinity JOY Club

Trinity UMC
3rd Tuesday, 11am
Mary (919)845-9626

Wakefield Villagers Club

Villages of Wakefield
2nd/4th Tuesday, 9am
Margaret (919)556-9541

Worthdale Walkers Club

Worthdale Community Center
Thursdays, 11am
Carletta (919)250-2730

Young at Heart Club

Five Points Adult Center
2nd/4th Wednesday, 10am
Brenda (919)834-8170



Specialized Recreation and Inclusion Services

Specialized Recreation & Inclusion Services
919.996.2147
SRIS@raleighnc.gov

Raleigh Program Director
Nikki Speer
nikki.speer@raleighnc.gov

Adapted Sports & Fitness Manager
Special Olympics Wake County Coordinator
Brian Philpot
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Adapted Sports & Fitness Specialist
Vacant

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Program Specialist
Sharon Hentz
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Program Specialist
Sheri Sampson
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Specialized Recreation and Inclusion Services offers a variety of programs for individuals who have developmental and/or physical disabilities, and provides inclusion support for individuals with disabilities who participate in typical programs. Each program is designed to meet the needs and interests of the participants. We offer a variety of programs, including specific programs in the areas of Adapted Aquatics, Social Clubs, Special Olympics sport opportunities, Wheelchair Sports, Track Out programs, programs for individuals with Visual Impairments, etc. Please review our program listings for more information. Some eligibility restrictions may apply. Please note that non-resident fees currently do not apply to our programs. For more information on how to receive program information, please contact us at SRIS@raleighnc.gov or 919.996.2147.

Return registrations to:

Raleigh Parks, Recreation and Cultural Resources Department
Specialized Recreation and Inclusion Services, 2401 Wade Ave, Raleigh, NC 27607

Adapted Aquatics

Adapted Aquatics swim lessons for individuals with disabilities are available following the inclusion model. Private lessons are also available for individuals wanting one-on-one instruction. For more information, please contact Pullen Aquatic Center at 919-831-6197.

Aerobics

Age: 21yrs and up. This program is designed for adults with developmental and/or physical disabilities or anyone needing low impact exercise. Come join your friends, get into shape or just stay in shape with

aerobics. Go at your own pace, high, low or just go with the flow. There is no one-on-one assistance available for this program. For more information, contact 919-996-2147.

Chavis Community Center – Course Fee: \$20
#167324 Jan 12-Feb 2 M 6:30-7:30am

Art Time

Age: 13-20yrs. This two week class designed for individuals with developmental and/or physical disabilities will delve into various craft or art projects. Materials provided. Art projects will be geared around the Seasons. Individuals attending with a personal assistant are welcome. For more

information, please contact 919-996-2147.

Pullen Community Center – Course Fee: \$30
#167234 Jan 5-12 M 6:30-7:30pm
#167235 Mar 2-9 M 6:30-7:30am
#167236 Jan 19-26 M 6:30-7:30pm
#167237 Mar 16-23 M 6:30-7:30pm

Basic Cooking for Adults

Age: 21yrs and up. This program is designed to meet the needs of adults with developmental and/or physical disabilities. This program will teach participants the basics of menu planning, kitchen safety and personal hygiene, how to read a recipe, and basic kitchen skills needed to prepare various dishes. This class is designed to meet the needs of individual participant's knowledge and experience. Please notify us of any food allergy at the time of registration. Participants must be able to follow simple instruction and step by step directions. No one on one assistance is provided. Individuals requiring a higher level of assistance should attend with a personal assistant. For more information, contact 919-996-2147.

Eastgate Park – Course Fee: \$55
#167242 Jan 20-Feb 10 T 6:15-7:45pm

Buddy Basketball

Age: 4-16yrs. Buddy Basketball is an instructional program focused on developing basic basketball skills such as passing, dribbling, guarding and shooting. Each participant must attend with a 'buddy' (sibling, friend, assistant, parent). Only the participant must register for the program; there is no charge for the buddy. For more information, please contact 919-996-2110.

Method Road Community Center – Course Fee: \$35
#167258 Jan 10-Feb 21 Sa 9:30-10:30am

Buddy Softball

Age: 4-16yrs. Buddy Softball is an instructional program focused on developing basic softball skills such as catching, throwing, batting and running bases. Each participant must attend with a 'buddy' (sibling, friend, assistant, parent). Only the participant must register for the program; there is no charge for the 'buddy.' For more information, please contact 919-996-2147.

Pullen Arts Center – Course Fee: \$35
#167254 Mar 14-Apr 25 Sa 9:30-10:30am

Creative Kids Playhouse

Age: 8-12yrs. This program is designed for youth with developmental and/or physical disabilities. Join friends for seasonal or holiday activities (music, movement, craft, games, etc.) Staff to participant ratio is 1:4. Participants requiring additional supervision are welcome to attend with a personal assistant. For more information, please contact 919-996-2147.

Jaycee Community Center – Course Fee: \$15
#167398 Jan 7 W 5:30-7:00pm
#167400 Feb 4 W 5:30-7:00pm
#167401 Mar 4 W 5:30-7:00pm
#167402 Apr 1 W 5:30-7:00pm

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Dance Your Way to Fitness

Age: 21yrs and up. This program is designed for individuals with developmental and/or physical disabilities. Come learn some new dance moves while you get into shape. Dance and movement will be geared toward participant age appropriateness and preference. Family members, friends and personal assistants are welcome and must sign in each class. For more information, contact 919-996-2147.

Laurel Hills Community Center – Course Fee: \$25
#167341 Feb 5-26 Th 6:30-7:30pm
#167342 Apr 9-May 7 Th 5:30-6:30pm

Fitness Fun

Age: 13-20yrs. This program will demonstrate how much fun fitness can be. Participants will explore different types of exercise and equipment and how to use the indoor and outdoor environments around them. This program is designed to meet the needs of participants with developmental or physical disabilities who can function on a 1:4 ratio. Activities will be facilitated based on age appropriateness and participant interest. For more information, please call 919-996-2147.

Jaycee Community Center – Course Fee: \$20
#167373 Mar 5-26 Th 6:30-7:30pm
#167375 Apr 9-30 Th 6:30-7:30pm

Friendly Track Out

Friendly Track Out is designed to meet the needs of students with developmental disabilities who attend school on Track 4. Each week contains structured recreation, leisure, and social activities designed specifically for these students. Participants must be able to work successfully on a 1 staff to 3 participant ratio. Some personal care assistance is provided for dressing, toileting, and hygiene. However, participants who require more assistance or supervision may attend with a Personal Assistant. Please refer to the School Based Programs brochure for more details and registration information. For more information, please contact us at 919.996.2147.

HIP Meet Ups

Age: All Ages. The HIP Meet-Ups replaces the Silent Suppers on a new day. HIP Meet-Ups are the 3rd Saturday of each month. All are welcome. This program is designed for the Deaf and Hard of Hearing, and family along with beginner and advanced signers to socialize in a fun and relaxed setting. Pre-registration is not necessary but we do ask that participants sign in upon arrival. Food is on your own.

Cary Mall Food Court
#167404 Jan 17 Sa 5:30-8:30pm
#167406 Mar 21 Sa 5:30-8:30pm
Crabtree Valley Mall Food Court – Raleigh
#167405 Feb 21 Sa 5:30-8:30pm
#167407 Apr 18 Sa 5:30-8:30pm

Intermediate Cooking for Adults

Age: 21yrs and up. This program is designed to meet the needs of adults with developmental and/or physical disabilities. This class is designed for those who have taken a previous cooking class and understand the basic concepts. Participants will continue to develop skills learned in previous classes and will use those skills to prepare various dishes. Participants will then enjoy a social time with their classmates while eating the dish they prepared. Please notify us of any food allergy at the time of registration. Participants must be able to follow simple instruction and step by step directions. No one on one assistance is provided. Individuals requiring a higher level of assistance should attend with a personal assistant. For more information, contact 919-996-2147

Eastgate Park – Course Fee: \$12

Appetizers and Salads

#167249 Mar 3 T 6:15-7:45pm

Pizza and Pasta

#167252 Mar 17 T 6:15-7:45pm

Desserts

#167253 Apr 7 T 6:15-7:45pm

Next Step

Age: 17yrs and up. Graduation is over. For many, Social Security, Medicaid, guardianship and other services are in place for our adult child with disabilities. Now what? Moving away from home is often the Next Step! Join this group each month as guest speakers from the community help us: (1) examine various residential options in the Triangle area and (2) explore ways we can continue to be involved to enhance our adult child's life once they move into their new home. Take the Next Step with us. Meetings are every 3rd Saturday of the month, from 9:30-11:00am. Fall 2014 location: Brentwood Neighborhood Center (3315 Vinson Court). Meetings are free and light refreshments will be available. No reservations necessary. For more info, contact Dave Curro at Dave@IDNNextStep.org.

Brentwood Park

#167417 Jan 17 Sa 9:30-11:00am
#167418 Feb 21 Sa 9:30-11:00am
#167419 Mar 21 Sa 9:30-11:00am
#167420 Apr 18 Sa 9:30-11:00am

Open Mic Night

Age: 17yrs and up. Time to Shine is an open mic night for performers with developmental and/or physical disabilities. We offer an encouraging, family friendly, atmosphere for entertainers of all genres to 'shine'. For more information, contact 919-996-2147.

Chavis Community Center

#167302 Jan 16 F 6:00-8:30pm
#167303 Feb 20 F 6:00-8:30pm
#167304 Mar 27 F 6:00-8:30pm
#167305 Apr 24 F 6:00-8:30pm

Raleigh Sidewinders Quad Rugby

The Raleigh Sidewinders is eastern North Carolina's wheelchair (i.e. Quad Rugby) team. The Raleigh Sidewinders are official members of the US Quad Rugby Association, (USQRA), www.quadrugby.com. The team is comprised of individuals with disabilities that preclude their play in competitive, able-bodied sports. Players must have mobility impairments in their arms and legs to be considered eligible for participation. Most of the players have sustained cervical spinal cord injuries and have some type of quadriplegia as a result. The players are active members in their community, striving for a level of skill and competition offered by quad rugby. The vision of the Raleigh Sidewinders is to provide team members with an opportunity for personal growth, physical outlet and competition with adequate equipment and resources. For more information, please visit www.ncscia.org/theraleighsidewinders. Program is held at Barwell Road Community Center.

Recreational Bowling

Age: 6yrs and up. This bowling program is recreational in nature and provides a fun and exciting place for adults with developmental and/or physical disabilities to participate in bowling. This is not an instructional but rather a recreational class. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 20 games of bowling and shoe rental. Individuals attending with a personal assistant are welcome. For more information, contact 919-996-2147.

AMF Pleasant Valley

Course Fee: \$50
#167265 Jan 24-Mar 28 Sa 10:00am-12:00pm
#167266 Jan 24-Mar 28 Sa 10:00am-12:00pm

Social Clubs

Specialized Recreation and Inclusion Services offers four (4) Social Clubs. The following clubs are for individuals with developmental and/or physical disabilities: the Adventure Club is for ages 15-24, the Wildcats Club is for ages 25-34 and the Dragons Club is for ages 35 and up. The Lords and Ladies club is for individuals with visual impairment, ages 50 and up. Most club activities are suggested by club members and range from local outings, to day and/or overnight trips. Some previous activities include local sporting events, trips to museums, winery tours, etc. To receive more information about any of these club activities, please contact us at 919.996.2147 or SRIS@raleighnc.gov.

Special Olympics Wake County

Special Olympics Wake County provides year-round sports training and athletic competition in different sports for individuals with intellectual disabilities. Special Olympics training and competition is provided at

no charge to eligible athletes. Each sport practices on a weekly basis at various times and locations. Athletes may have an option to train independently. Upcoming sports for the Spring are: Aquatics, Gymnastics, Power Lifting, Softball, Track and Field, and Volleyball. To receive more information on Special Olympics sport opportunities, please contact us at 919.996.2147 or SRIS@raleighnc.gov.

Specialized Recreation Dances

Age: 14yrs and up. Come dance the night away! We'll provide a DJ, refreshments, and lots of your friends. Participants who need 1:1 support are welcome to attend with a personal assistant. Parents, assistants, and chaperones do not pay the entry fee. For more information please call 919-996-2147. No pre-registration accepted, \$5 cash at the door.

Cary Academy

Snowflake Ball

#167408 Jan 23 F 7:00-9:30pm

Millbrook Exchange Community Center

Valentine's Dance

#167409 Feb 7 Sa 7:00-9:30pm

Spring Dance

#167410 Mar 20 F 7:00-9:30pm

Teen Fun Fridays

Age: 12-21yrs. Teen Fun Fridays are designed for middle and high school students with developmental and/or physical disabilities. Meet your friends for structured social activities (music and games) plus a different field trip each month. Snacks provided—please bring a water bottle. Contact 919-996-2147 for field trip details and additional trip fees (if any) for each session. February, March and April sessions are all WCPSS Early Release days. Participants must be able to interact successfully with peers, at a staffing ratio of 1 staff to 4 participants. Teens needing additional supervision or assistant are welcome to attend with a Personal Assistant.

Pullen Community Center – Course Fee: \$12

#167707 Jan 16 F 3:00-6:00pm

#167708 Feb 13 F 12:00-6:00pm

#167709 Mar 6 F 12:00-6:00pm

#167710 Apr 17 F 12:00-6:00pm

Triangle Thunder Wheelchair Basketball

Triangle Thunder is a recreational and competitive adult wheelchair basketball team. They provide opportunities for men and women with a variety of disabilities to become involved in the sport of wheelchair basketball. The goal is to enhance each individual's social well-being by fostering their physical well-being through vigorous physical exercise, skill formation, and healthy fellowship with other persons with disabilities. Practices are open to new players and to the public. For more information, please contact 696-2811 or visit www.trianglethunder.org. Program is held at Barwell Road Community Center.



Yoga for All

Age: 13-20yrs. Feeling stressed? Need a way to relax? Join us for a Yoga class designed just for YOU! This class is for people of all levels of experience. Yoga is an excellent way to increase muscular strength and endurance, flexibility, posture, and balance. It is also an effective practice for achieving mental balance and reducing stress. Individuals attending with a personal assistant are welcome. For more information, contact 919-996-2147.

Chavis Community Center – Course Fee: \$20

Yoga for Teens

#167368 Feb 5-26 Th 6:00-7:00pm

#167369 Feb 5-26 Th 7:00-8:00pm

Youth Wheelchair Basketball

Age: 6-19yrs. If you're interested in sports, but you can't participate in regular sports programs due to a physical disability, please join us for some fun! We have extra wheelchairs if you do not have one. The NC Wheels of Steel is a group of physically challenged athletes. Our team ranges in ages from six to nineteen! We have three divisions: elementary ages, middle school, and high school. We participate in exhibition games and tournaments! This program is run in partnership with the Bridge 2 Sports organization (www.bridge2sports.org).

Laurel Hills Community Center – Course Fee: \$10

#165190 Jan 2-Mar 27 F 7:00-9:00pm

Visually Impaired

Visually Impaired Programs are not currently available for online registration. The programs listed below are not a complete list of opportunities available. To receive more information or to receive our bi-monthly Newsletter, please contact us at 919-996-2147 or SRIS@raleighnc.gov.

VIP BookClub

Age: 18yrs and up. This program is designed for participants with visual impairments. Do you love to read? We will be working with the NC Library for the Blind and Physically Handicapped to continue our monthly book club. The books will be voted on by the group. Participants needing transportation must register through the VIP office. Please register in advance with LBPH in order to receive this book in advance.

Five Points Center for Active Adults

#165185 Jan 9 F 10:00am-12:00pm

#165186 Feb 13 F 10:00-11:30am

#165187 Mar 13 F 10:00-11:30am

#165188 Apr 10 F 10:00-11:30am

Course Fee: \$3

#165185 Jan 9 F 10:00am-12:00pm

#165186 Feb 13 F 10:00-11:30am

#165187 Mar 13 F 10:00-11:30am

#165188 Apr 10 F 10:00-11:30am

VIP Theater Outings

Age: 18yrs and up. These programs are designed for participants with visual impairments. Programs are scheduled outings to a local theaters. Please contact 919-996-2147 for more information.

Durham Performing Arts Center – Course Fee: \$15

Wicked

#165366 Jan 22 Th 4:45-9:30pm

Sports



All Sports – Little Starters

Age: 3-5yrs. Want to try several sports? Little Starters introduces you to a different sport each week. Sports could include baseball, soccer, basketball, football, hockey, lacrosse and maybe others. Get your game on!

Barwell Road Community Center

Course Fee: \$36
#166415 Mar 8-29 Su 2:15-3:00pm

Lake Lynn Community Center

Course Fee: \$27
#168206 Apr 11-25 Sa 11:30am-12:15pm
Course Fee: \$36
#168203 Feb 2-23 M 9:30-10:15am
#168204 Apr 6-27 M 10:30-11:15am
#168205 Mar 7-28 Sa 9:30-10:15am

Optimist Community Center

Course Fee: \$36
#168760 Jan 9-30 F 11:00-11:45am
#168761 Feb 6-27 F 11:00-11:45am
#168762 Mar 6-27 F

Bitty Ball Sports League

Not Big or Old Enough to play. Well this is the league for you! This is a Coed league for 3 and 4 year old's. Sports will be 3yrs (Indoor T-Ball), and 4yrs (Basketball) All games will be played on Saturdays at the John Chavis Community Center. Sign your child up for

an exciting program that will teach them the fundamentals, hand eye coordination, team work, and so much more. Each age group has a limit of 20 participants per event!

Chavis Community Center – Course Fee: \$10

#167790 March 7-28 Sa 10:00am-12:00noon
#167791 March 7-28 Sa 1:00pm-3:00pm

All Sports – Soccer, T-ball and Lacrosse

Age: 3-5yrs. Introducing the basic skills of locomotor movements, soccer, t-ball, and lacrosse in a fun, social and noncompetitive atmosphere. Helps develop listening skills, patience, cooperation and sportsmanship skills. Participants will meet at the field near the large shelter.

Anderson Point – Course Fee: \$36

#166416 Mar 31-Apr 21 T 6:00-6:45pm

Baseball – Kinder T-Ball

Age: 4-6yrs. Diamond tough. Let's play ball! Come learn about batting, fielding, and base running in a non-competitive setting.

Jaycee Community Center – Course Fee: \$32

#166965 Mar 10-31 T 5:00-5:45pm
#166966 Apr 1-22 W 1:00-1:45pm

Baseball – Little Sluggers

Age: 3-5yrs. This class is an introduction in skills development that teaches the basics of baseball including fielding, hitting, throwing, and catching. Class will help develop your child's hand/eye coordination, listening skills, good sportsmanship and teamwork! Let's play ball!

Lake Lynn Community Center

Course Fee: \$27
#168230 Apr 11-25 Sa 10:30-11:15am
Course Fee: \$36
#168228 Apr 6-27 M 9:30-10:15am
#168229 Apr 9-30 Th 6:30-7:15pm

Millbrook Exchange Community Center

Course Fee: \$36
#166757 Apr 2-23 Th 6:30-7:15pm

Optimist Community Center

Course Fee: \$36
#168365 Jan 6-27 T 5:00-5:45pm
#168367 Feb 4-25 W 5:00-5:45pm
#168369 Mar 5-26 Th 5:00-5:45pm
#168372 Apr 6-27 M 5:00-5:45pm

Basketball – Kinder Basketball

Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder Basketball focuses on a variety of skills including dribbling, passing, shooting, and defense.

Jaycee Community Center – Course Fee: \$32

#166968 Jan 21-Feb 11 W 10:30-11:15am
#166969 Feb 9-Mar 2 M 4:30-5:15pm

Basketball – Little Shooters

Age: 3-5yrs. A skills, drills and play shooters class. Players learn the basics including dribbling, shooting, passing, one-on-one, offense-defense and team play fundamentals for a rewarding non-competitive sports experience.

Green Road Community Center

Course Fee: \$27
#165081 Mar 3-24 T 6:00-6:45pm
Course Fee: \$36
#165079 Jan 6-27 T 5:00-5:45pm
#165080 Feb 3-24 T 5:00-5:45pm
#165082 Apr 7-28 T 6:00-6:45pm

Lake Lynn Community Center

Course Fee: \$36
#168238 Feb 2-23 M 10:30-11:15am
#168239 Mar 5-26 Th 6:30-7:15pm
#168240 Mar 7-28 Sa 10:30-11:15am

Laurel Hills Community Center

Course Fee: \$36
#167719 Feb 3-24 T 4:45-5:30pm
#167720 Mar 3-24 T 4:45-5:30pm

Millbrook Exchange Community Center

Course Fee: \$36
#166673 Apr 6-27 M 6:30-7:15pm

Optimist Community Center

Course Fee: \$36
#168375 Jan 7-28 W 5:00-5:45pm
#168377 Feb 2-23 M 5:00-5:45pm
#168395 Apr 9-30 Th 5:00-5:45pm
#168755 Mar 3-24 T 5:00-5:45pm

Basketball – Two's Sport Zone

Age: 2yrs. This parent-tot class is a great way to play while learning about the basics of basketball on a toddler's level. Little shooters will enjoy the tiny hoop games, touch-n-go dribbling, catch, pass, and more motor skill development fun. Wonderful for social skills and fitness! Instructor: Coach K.
Laurel Hills Community Center – Course Fee: \$36
 #167692 Jan 17-Feb 14 Sa 10:00-10:30am
 #167693 Feb 21-Mar 14 Sa 10:00-10:30am

Football – Little Tacklers

Age: 3-5yrs. Hut one, hut two...hike! This class is an introduction in skills development that teaches the basics of football including passing, kicking, catching and running. The class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Emphasis will be on safe play. Some parent participation included. Touchdown!

Optimist Community Center – Course Fee: \$36
 #168765 Feb 5-26 Th 5:00-5:45pm
 #168766 Mar 4-25 W 5:00-5:45pm
 #168767 Apr 7-28 T 5:00-5:45pm

Golf – Kinder Golf I

Age: 4-6yrs. Kinder Golf I is an introduction to golf. The basics of swing, putting, and grip will be discussed and tried in a hands on format.

Jaycee Community Center – Course Fee: \$32
 #167078 Feb 26-Mar 19 Th 10:30-11:15am
 #167079 Apr 7-28 T 5:00-5:45pm

Hockey – Kinder Indoor Hockey

Age: 4-6yrs. Give indoor hockey a try! Bring your tennis shoes and be ready for some fun. We'll work on the fundamentals as we introduce you to this exciting, fast paced game.

Jaycee Community Center – Course Fee: \$32
 #167322 Mar 26-Apr 16 Th 4:30-5:15pm

Kinder Sport

Age: 4-6yrs. Release some energy. Designed to develop skills, fundamentals and confidence, Kinder Sport is taught in a non-competitive atmosphere. A variety of sports are taught depending on the weather and class skill level including kickball, t-ball, football, basketball, soccer, or hockey.

Jaycee Community Center – Course Fee: \$32
 #167328 Feb 26-Mar 19 Th 4:30-5:15pm

Lacrosse – Little Stix

Age: 3-5yrs. An introductory sports class that focuses on the fundamental skills of lacrosse. Participants will be introduced to lacrosse skills such as catching, feeding, passing, scooping, and shooting in a safe, non-competitive environment.

Lake Lynn Community Center – Course Fee: \$36
 #168248 Mar 7-28 Sa 11:30am-12:15pm
 #168249 Mar 2-23 M 10:30-11:15am

Soccer – Kinder Soccer

Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder Soccer focuses on skills such as dribbling, passing, kicking, and ball control.

Jaycee Community Center – Course Fee: \$32
 #167372 Apr 7-28 T 10:30-11:15am

Soccer – Little Kickers

Age: 3-5yrs. This class is an introduction in skills development that teaches the basics of soccer including drills such as passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! GOAL!

Brier Creek Community Center
 Course Fee: \$36
 #167856 Apr 7-28 T 4:45-5:30pm
 #167858 Apr 7-28 T 5:45-6:30pm
 #167861 Apr 9-30 Th 4:45-5:30pm
 #167862 Apr 9-30 Th 5:45-6:30pm

Lake Lynn Community Center
 Course Fee: \$27
 #168257 Apr 11-25 Sa 9:30-10:15am
 Course Fee: \$36
 #168255 Mar 2-23 M 9:30-10:15am
 #168256 Apr 9-30 Th 5:30-6:15pm

Laurel Hills Community Center
 Course Fee: \$36
 #167699 Feb 4-25 W 4:45-5:30pm
 #167700 Mar 4-25 W 4:45-5:30pm
 #167701 Mar 21-Apr 18 Sa 10:45-11:30am

Millbrook Exchange Community Center
 Course Fee: \$36
 #166753 Apr 7-28 T 6:30-7:15pm
Optimist Community Center
 Course Fee: \$36
 #168756 Jan 8-29 Th 5:00-5:45pm
 #168757 Feb 3-24 T 5:00-5:45pm
 #168758 Mar 2-23 M 5:00-5:45pm
 #168759 Apr 8-29 W 5:00-5:45pm

Soccer – Two's Sport Zone

Age: 2yrs. Parent and child come off the sidelines and get into the game as you learn about soccer skills by participating in mini soccer drills and fun games. Play drop, dribble, kick, net goals and more. Benefits include hand-eye coordination, body awareness and socialization.

Instructor: Coach K.
Laurel Hills Community Center
 Course Fee: \$36
 #167689 Jan 17-Feb 14 Sa 10:45-11:15am
 no class Jan 31
 #167690 Feb 21-Mar 14 Sa 10:45-11:15am

Youth**ACSI Lions Park Youth Volleyball Clinic**

Age: 6-13yrs. This clinic will expose girls to the basics of volleyball while developing their character and empowering them to control their destiny. Clinic will be instructed by former NCAA Division I Volleyball player, Amanda Simmons.

Lions Park Community Center
 Course Fee: \$10
 #168708 Mar 14 Sa 11:00am-1:00pm
 #168709 Mar 21 Sa 11:00am-1:00pm

Course Fee: \$15

#168710 Mar 28 Sa 11:00am-1:00pm
 #168711 Apr 4 Sa 11:00am-1:00pm
 #168712 Apr 11 Sa 11:00am-1:00pm
 #168713 Apr 18 Sa 11:00am-1:00pm
 #168714 Apr 25 Sa 11:00am-1:00pm
 #168722 May 2 Sa 11:00am-1:00pm

Baseball – Sluggers

Age: 6-9yrs. Crack! It's going, going... gone! This class helps develop the skills of baseball including running, hitting, throwing, pitching and fielding. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Millbrook Exchange with Coach K (Khadija)

Millbrook Exchange Community Center
 Course Fee: \$40
 #166760 Apr 2-23 Th 7:30-8:15pm

Baseball Skills Clinic

Age: 7-13yrs. Come out and get ready for baseball season! This clinic focuses on skills and fundamentals.

Biltmore Hills Community Center – Course Fee: \$20
 #167574 Feb 17-26 T,Th 6:15-7:15pm

Basketball – Jr.**Dribble, Shoot, Pass Clinic**

Age: 10-12yrs. A fun and instructional league for boys and girls between the ages of 10-12. An excellent opportunity to have fun, make friends, improve fitness, learn basketball skills and develop sportsmanship. Learn how to work as a team member. Teamwork is a skill that will last forever.

Roberts Park Community Center – Course Fee: \$20
 #168376 Apr 3-24 F 10:00-11:30am

Basketball – Shooters

A skills development sports program that teaches the basics of basketball including passing, dribbling, and shooting. Helps develop good hand/eye coordination as well as listening skills and good sportsmanship.

Laurel Hills Community Center
 Course Fee: \$40

Ages 6-9
 #167721 Mar 21-Apr 18 Sa 1:30-2:15pm

Ages 4-7
 #167722 Apr 7-28 T 4:45-5:30pm

Millbrook Exchange Community Center
 Course Fee: \$40

Ages 6-9
 #166742 Apr 6-27 M 7:30-8:15pm

Basketball – Chavis Skills Clinics

Age: 10-15yrs. Let's shoot some hoops! This is a basketball skill learning program for youth ages 10-15 years old. Participants will participate in drills that will develop and enhance their fundamental basketball skills including dribbling, passing, and shooting. This program is designed to help your youth become familiar with the game of basketball as well as develop good life skills and learn the value of good sportsmanship.

Chavis Community Center
 #167210 Mar 2-Apr 24 M,F 6:30-7:30pm
 #167211 Mar 2-Apr 24 M,F 7:30-8:30pm

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Basketball Skills for Beginners

Age: 6-9yrs. Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Basic techniques of dribbling, shooting and passing along with other drills for ball control will be taught. Be prepared to sweat, learn and have a good time!

Green Road Community Center – Course Fee: \$40
#165084 Mar 7-28 Sa 10:15-11:00am
#165085 Apr 4-25 Sa 10:15-11:00am
Lake Lynn Community Center – Course Fee: \$30
#168246 Mar 7-21 Sa 12:30-1:15pm

Basketball: Hoops 101

Age: 7-9yrs. Join certified trained basketball official, head coach and basketball whiz Shawn Banks in this one of a kind basketball class. This skills training program focuses on developing the fundamentals of basketball like correct shooting technique, defensive position/footwork, ball handling, and the use of each type of basketball pass. This program is designed to help your young player gain greater confidence and basketball IQ.

Barwell Road Community Center – Course Fee: \$35
#167809 Mar 3-24 T 6:30-7:30pm
#168449 Apr 7-28 T 6:30-7:30pm
Marsh Creek Park – Course Fee: \$35
#167746 Apr 8-29 W 6:30-7:30pm

Basketball: Hoops 102

Age: 10-12yrs. Join certified trained basketball official, head coach and basketball whiz Shawn Banks in this one of a kind basketball class. This advanced skill training program enhances basketball fundamentals while teaching the rules of the game, developing offensive/defensive one-on-one skills, and using teamwork during game competition. This program will also further develop shooting technique, defensive skills, ball handling, and passing. Sign up today to improve your basketball IQ and confidence in the game!

Barwell Road Community Center – Course Fee: \$35
#167817 Mar 3-24 T 7:30-8:30pm
#168450 Apr 7-28 T 7:30-8:30pm
Marsh Creek Park – Course Fee: \$35
#167747 Mar 11-Apr 1 W 7:30-8:30pm
#167748 Apr 8-29 W 7:30-8:30pm
Method Road Community Center – Course Fee: \$35
#168648 Mar 5-26 Th 6:30-8:00pm
#168649 Apr 2-23 Th 6:30-8:00pm

Free Throw Competition

Age: 9-13yrs. Who will be crowned best free throw shooter for the Black History Month Competition. If you can shoot from the free throw line you can participate. The event is timed. You have to shoot 12 free throws in a manner of seconds. The highest scores advance. You have to outscore your competition to move to the next round. Trophies awarded to champion and runner-up.

Roberts Park Community Center – Course Fee: \$10
#168387 Feb 28 Sa 12:00-2:00pm

March Madness Dribble, Pass, and Shoot Contest

Age: 6-12yrs. Do you have the skills to compete against the best? Well your basketball skills will be put to the test! Come out and compete against other youth in a basketball skills challenge!

Chavis Community Center – Course Fee: \$5
#167867 Mar 26 Th 4:00-7:00pm

Golf – Youth

Indoor Golf Swing Instruction

Age: 5-7yrs. Introduce youth to golf in sessions that focuses on developing a basic golf swing focused on a target and having fun. Participants will learn through short instructor demonstrations and lots of practicing. Youth appropriate golf clubs, targets and practice aids will be provided. No equipment is needed to participate in this program. Participants may sign up for multiple sessions in order to develop their golf swing further. Instructor is David Lippucci, USGTF Certified Teaching professional and owner of Perfect Game Golf Schools.

Barwell Road Community Center – Course Fee: \$20
#168189 Jan 16 F 6:30-6:50pm
#168190 Jan 23 F 6:30-6:50pm
#168191 Feb 13 F 6:30-6:50pm
#168192 Feb 27 F 6:30-6:50pm
#168193 Mar 13 F 6:30-6:50pm
#168194 Mar 20 F 6:30-6:50pm
#168195 Apr 10 F 6:30-6:50pm
#168196 Apr 17 F 6:30-6:50pm
#168197 Apr 24 F 6:30-6:50pm
#168198 Jan 16 F 7:30-7:50pm
#168199 Jan 23 F 7:30-7:50pm
#168200 Feb 13 F 7:30-7:50pm
#168201 Feb 27 F 7:30-7:50pm
#168202 Mar 13 F 7:30-7:50pm
#168208 Mar 20 F 7:30-7:50pm
#168209 Apr 10 F 7:30-7:50pm
#168210 Apr 17 F 7:30-7:50pm
#168211 Apr 24 F 7:30-7:50pm

Let's Get Active – Home School Sports/Games

Age: 5-13yrs. Get your homeschooler active in this unique program at Millbrook Exchange Center. Our instructor will guide your homeschooler through a variety of sports and games that will keep your child moving and having fun. Each week is different and exciting. Class meets each Tuesday! Sign up today because space is limited.

Millbrook Exchange Community Center
Course Fee: \$13
#166733 Apr 7-28 T 1:30-2:30pm
Course Fee: \$17
#166730 Jan 6-27 T 1:30-2:30pm
#166731 Feb 3-24 T 1:30-2:30pm
#166732 Mar 3-24 T 1:30-2:30pm

Recreation and Sports Camp

Age: 9-11yrs. Let your child spend his/her Spring Break being active. This is a noncompetitive recreation and sport camp for kids of all athletic abilities. This camp is geared towards exercise and movement, skill development, learning a variety of

sports, team building skills and eliminating bullying through team play. Parents are responsible for a lunch and two snacks. Sneakers and comfortable athletic clothing must be worn.

Method Road Community Center – Course Fee: \$125
#168572 Mar 23-27 M-F 9:00am-5:00pm

Skateboard Lessons

Age: All Ages. Skateboard instructors are now available for both individual and group lessons at Marsh Creek Skate Park! Whether you are just starting out or want to improve specific fundamentals and skills, our instructors will enable you to meet your goals. Contact us today to learn more!
919-996-4920

Marsh Creek Park

Course Fee: \$100
#168306 Jan 5-Apr 27 M 7:00-8:00am
Course Fee: \$25
#168306 Jan 5-Apr 27 M 7:00-8:00am
Course Fee: \$30
#168306 Jan 5-Apr 27 M 7:00-8:00am

Soccer – Kickers

Age: 6-9yrs. G-O-O-O-A-L! This class will help develop the basic fundamentals of soccer including passing, dribbling, shooting, and defense. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork!

Laurel Hills Community Center

Course Fee: \$40
#167705 Apr 1-22 W 4:45-5:30pm
Millbrook Exchange Community Center
Course Fee: \$40
#166750 Apr 7-28 T 7:30-8:15pm

Soccer Skills at Eastgate Park

Age: 8-10yrs. Join former soccer player and coach Ryan Fodell as he helps your child explore the FUNdamentals of soccer in this exciting class. This class will foster skill progression in your child through skill development, applied learning opportunities and small sided games. The goal of this class is help players train and move to the next level of play in their soccer development. Class will meet in the Multipurpose Field at Eastgate Park. For more information call Millbrook Exchange Center at 919-996-4156. Don't miss out on this great opportunity right here at Eastgate Park.

Eastgate Park – Course Fee: \$43
#165262 Feb 7-28 Sa 12:00-1:00pm
#165263 Mar 7-28 Sa 12:00-1:00pm
#165264 Apr 11-May 2 Sa 12:00-1:00pm
#165265 Feb 7-28 Sa 11:00am-12:00pm
#165266 Mar 7-28 Sa 11:00am-12:00pm
#165267 Apr 11-May 2 Sa 11:00am-12:00pm

Soccer Skills for Beginners

Age: 6-9yrs. Goal! This class will continue to develop the basics of soccer, including dribbling, passing and shooting. This class will help develop players for future team play, emphasizing good sportsmanship and teamwork as well as skills.

Lake Lynn Community Center – Course Fee: \$30
#168260 Apr 11-25 Sa 12:30-1:15pm

Tennis Jr Level 1

No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non marking sneakers and a racquet. Racquets will be available to borrow if needed. Class length is 7 weeks which includes one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Lake Lynn Community Center

Age 6-8 Course Fee: \$120
#166916 Mar 9-Apr 22 M,W 4:30-5:30pm

Age 6-8 Course Fee: \$60
#166919 Mar 7-Apr 18 Sa 10:00-11:00am

Age 8-18 Course Fee: \$120
#166960 Mar 10-Apr 23 T,Th 5:00-6:00pm

Age 8-18 Course Fee: \$60
#166961 Mar 7-Apr 18 Sa 11:00am-12:00pm

Millbrook Tennis Center

Age 6-8 Course Fee: \$120
#166870 Mar 9-Apr 22 M,W 5:00-6:00pm

#166871 Mar 9-Apr 22 M,W 6:00-7:00pm

#166872 Mar 10-Apr 23 T,Th 5:00-6:00pm

#166873 Mar 10-Apr 23 T,Th 6:00-7:00pm

Age 8-10 Course Fee: \$120
#166940 Mar 9-Apr 22 M,W 5:00-6:00pm

#166942 Mar 9-Apr 22 M,W 6:00-7:00pm

#166943 Mar 10-Apr 23 T,Th 5:00-6:00pm

#166944 Mar 10-Apr 23 T,Th 6:00-7:00pm

Age 10-18 Course Fee: \$120
#166967 Mar 9-Apr 22 M,W 4:00-5:00pm

#166970 Mar 10-Apr 23 T,Th 4:00-5:00pm

Age 6-8 Course Fee: \$60
#166874 Mar 7-Apr 25 Sa 9:00-10:00am

#166875 Mar 7-Apr 25 Sa 10:00-11:00am

#166876 Mar 7-Apr 25 Sa 11:00am-12:00pm

Age 8-10 Course Fee: \$60
#166945 Mar 7-Apr 25 Sa 9:00-10:00am

#166946 Mar 7-Apr 25 Sa 11:00am-12:00pm

Age 10-18 Course Fee: \$60
#166971 Mar 7-Apr 25 Sa 10:00-11:00am

Tennis Jr Level 2

Age: 8-18yrs. Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Please bring light loose fitting clothes, non marking sneakers and a racquet. Racquets will be available to borrow if needed. Class length is 7 weeks which includes one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Lake Lynn Community Center

Age 8-18 Course Fee: \$120
#167101 Mar 10-Apr 23 T,Th 4:00-5:00pm

Millbrook Tennis Center

Age 8-10 Course Fee: \$120
#167086 Mar 9-Apr 22 M,W 5:00-6:00pm

#167087 Mar 10-Apr 23 T,Th 5:00-6:00pm

Age 8-10 Course Fee: \$60

#167088 Mar 7-Apr 25 Sa 11:00am-12:00pm

Age 10-18 Course Fee: \$120

#167093 Mar 9-Apr 22 M,W 4:00-5:00pm

#167094 Mar 10-Apr 23 T,Th 4:00-5:00pm

Age 10-18 Course Fee: \$120

#167095 Mar 7-Apr 25 Sa 9:00-10:00am

#167096 Mar 7-Apr 25 Sa 10:00-11:00am

Tennis Jr Level 3

Age: 8-10yrs. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve.

Class length is 7 weeks which includes one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Millbrook Tennis Center**Age 8-10** Course Fee: \$120

#167107 Mar 9-Apr 22 M,W 5:00-6:00pm

Age 10-18 Course Fee: \$120
#167128 Mar 10-Apr 23 T,Th 4:00-5:00pm

Age 10-18 Course Fee: \$60
#167129 Mar 7-Apr 25 Sa 11:00am-12:00pm

Tennis Jr. Tiny Tots

Age: 4-6yrs. Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Please bring light, loose fitting clothing, non marking sneakers and a 19' or 21' junior racquet. Racquets will be available to borrow if needed. Class length is 7 weeks which includes one bonus week. If there is more than 1-week of rainouts, classes can be made up during other class times.

Lake Lynn Community Center**Course Fee: \$60**

#166896 Mar 9-Apr 22 M,W 5:30-6:00pm

#166898 Mar 10-Apr 23 T,Th 4:30-5:00pm

Millbrook Tennis Center**Course Fee: \$30**

#166798 Mar 7-Apr 25 Sa 11:00-11:30am

#166801 Mar 7-Apr 25 Sa 11:30am-12:00pm

Course Fee: \$60
#166790 Mar 9-Apr 22 M,W 4:00-4:30pm

#166792 Mar 9-Apr 22 M,W 4:30-5:00pm

#166795 Mar 10-Apr 23 T,Th 4:30-5:00pm

Tennis Jr. Tournament Training

Age: 8-10yrs. Designed for junior tennis players who have learned all shots, this group will workout and train for tournaments with the intention of establishing or improving their state ranking. Players will meet twice a week, to hit a large quantity of balls, work on conditioning, balance, speed and agility. Players will be encouraged to do additional training on their own with other team members and to attend USTA/ North Carolina tournaments. Scholarships are available through the Raleigh Tennis Association. Call for additional details.

Lake Lynn Community Center – Course Fee: \$180**JTT Prep 10U**

#167142 Mar 9-Apr 22 M,W 5:00-6:30pm

JTT Prep 12U

#167143 Mar 9-Apr 22 M,W 6:30-8:00pm

JTT Prep 14U

#167144 Mar 10-Apr 23 T,Th 7:00-8:30pm

JTT Prep High School

#167145 Mar 10-Apr 23 T,Th 8:30-10:00pm

Tennis Jr**Tournament Training with Kabiru**

Age: 11-18yrs. Point play is the focus of this group designed for junior tennis players who have learned all shots and are working on improving their state or sectional ranking. There is very limited instruction. Players will be encouraged to attend tournaments. This 3 week fee covers the month of classes. We assume that some will be cancelled due to the weather. Contact Kabiru Ibrahim for more information 395-8051.

Green Road Community Center**Developmental Group** Fee: \$120 2 days/wk

#167175 Jan 2-31 F-Su 4:30-6:30pm

#167177 Feb 1-28 F-Su 2:00-4:00pm

#167179 Mar 1-29 F-Su 2:00-4:00pm

#167187 Apr 3-26 F-Su 4:30-6:30pm

Developmental Group Fee: \$180 3 days/wk

#167175 Jan 2-31 F-Su 4:30-6:30pm

#167177 Feb 1-28 F-Su 2:00-4:00pm

#167179 Mar 1-29 F-Su 2:00-4:00pm

#167187 Apr 3-26 F-Su 4:30-6:30pm

Millbrook Tennis Center**Tournament Advanced** Fee: \$120 2 days/wk

#167174 Jan 5-29 M-Th 4:30-6:30pm

#167176 Feb 2-26 M-Th 4:30-6:30pm

#167178 Mar 2-31 M-Th 4:30-6:30pm

#167186 Apr 1-30 M-Th 4:30-6:30pm

Tournament Advanced Fee: \$240 4 days/wk

#167174 Jan 5-29 M-Th 4:30-6:30pm

#167176 Feb 2-26 M-Th 4:30-6:30pm

#167178 Mar 2-31 M-Th 4:30-6:30pm

#167186 Apr 1-30 M-Th 4:30-6:30pm

Tennis USTA Jr. Team Tennis

Come to try outs at Millbrook Exchange

Tennis Center to be placed on a team.

Practices run once a week after school and matches are on Saturday mornings finishing with the tournament. Players must also pay USTA annual membership(\$20) + local league fee (\$16).

Millbrook Tennis Center – Course Fee: \$90**8U Beginner**

#167157 Feb 27-Apr 25 F-Sa 5:00-6:30pm

8U Intermediate

#167158 Feb 27-Apr 25 F-Sa 5:00-6:30pm

10U Beginner

#167159 Feb 27-Apr 25 F-Sa 5:00-6:30pm

10U Intermediate

#167160 Feb 27-Apr 25 F-Sa 5:00-6:30pm

10U Advanced

#167161 Feb 27-Apr 25 F-Sa 5:00-6:30pm

12U Bronze

#167162 Feb 28-Apr 25 Sa 10:30am-12:00pm

12U Silver

#167163 Feb 28-Apr 25 Sa 12:00-1:30pm

14U Bronze

#167164 Feb 28-Apr 25 Sa 10:30am-12:00pm

14U Silver

#167165 Feb 28-Apr 25 Sa 12:00-1:30pm

18U Silver

#167166 Feb 28-Apr 25 Sa 12:00-1:30pm

18U Gold

#167167 Feb 28-Apr 25 Sa 1:30-3:00pm

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continued from page 77 —

Youth 3-on-3 Spring Tournament

Age: 13-15yrs. It's not traditional but it is as much fun, if you don't have a problem playing the game with two teammates. The game is played the same as traditional basketball. Tournament games officiated by officials. Teams may have a minimum of three players and a maximum of four. Don't bounce the idea until you have tried it. Registration: March 1-12.

Roberts Park Community Center – Course Fee: \$10
#168410 Apr 4 Sa 10:00am-2:00pm

Teen

AM Volley

Age: 8-14yrs. This volleyball class is designed to focus on the fundamentals: passing, setting, serving, and spiking. Boys and girls will also focus on digs, diving, offensive and defensive game strategies.

Carolina Pines Community Center – Course Fee: \$30
#165641 Apr 4-25 Sa 10:30-11:30am
#165642 May 16-Jun 6 Sa 10:30-11:30am

Basketball – Hoops Training Clinic

Age: 13-17yrs. Attention teens! Join certified basketball referee, head coach, and basketball trainer Shawn Banks for these special training sessions. Clinics focus on improving the skill set of each individual player. Players will prepare for the upcoming basketball season by participating in college and pro level drills plus team play. This program is designed specifically for players with organized league play experience. Sign up today, space is limited!

Marsh Creek Park – Course Fee: \$35
#167749 Mar 11-Apr 1 W 6:30-7:30pm

Volleyball – Dig In!

Age: 14-17yrs. Super Heroes need to be in good shape! Training during this fun fitness class will include stretching, running and leaping. Super heroes will be able to better reach kittens in trees, race speeding trains and leap tall buildings.

Barwell Road Community Center – Course Fee: \$50
#168902 Mar 10-Apr 14 T 6:30-7:30pm

Adult

Badminton Open Play

Age: All Ages. Come play and practice badminton. All ability levels welcome. Equipment is provided.

Optimist Community Center
#168763 Jan 8-Apr 30 Th 10:30am-12:30pm

Basketball – Adult Open-Play

Age: 18yrs and up. Adult basketball players can come out and participate in a few friendly pick-up games of basketball with your peers.

Halifax Community Center
#167695 Jan 4-25 Su 1:00-5:00pm
#167696 Feb 1-22 Su 1:00-5:00pm
#167697 Mar 1-29 Su 1:00-5:00pm
#167698 Apr 5-26 Su 1:00-5:00pm
#168308 Feb 8-22 Su 1:00-5:00pm

Basketball Open Gym – Tarboro Road

Age: 16yrs and up. Community Open Gym time. Adults must have a photo ID to play. Youth must have a signed participation form on file to enter during specified times. Please call for the weekly schedule 919- 831-6505
Tarboro Road Community Center
#167564 Jan 4-25 Su 2:00-5:00pm
#167565 Feb 1-22 Su 2:00-5:00pm
#167566 Mar 1-29 Su, Sa 2:00-5:00pm
#167567 Apr 4-26 Sa-Su 10:00am-2:00pm

Futsal Open Play

Age: 18yrs and up. Join us for Futsal Open Play at Marsh Creek on Mondays, Wednesdays, and Fridays over the summer! We offer gym space from 6:30-8:30pm along with goals, futsal balls, and other equipment as needed. The number of players in the gym will be limited. This is a free program and new to the Marsh Creek area!

Marsh Creek Park
#168313 Mar 16-May 15 M,F 6:30-8:30pm

Pickleball at Creek

Age: 16yrs and up. What is Pickleball? A combination of tennis, badminton, and table tennis that is fast paced, easy to learn, great exercise, and great fun! Meets March-October every Monday 6:30-8:45pm and Sunday 3:30-5:30pm at Brier Creek Gym!

Brier Creek Community Center
Course Fee: \$15
#167849 Mar 9-May 25 M 6:30-8:30pm
Course Fee: \$5
#167850 Mar 16 M 6:30-8:30pm

Pickleball at Lake Lynn

Age: All Ages. Come explore the game of Pickleball! It is an easy, fast-paced game that combines tennis, badminton and table tennis. We will teach you the rules of play and how to keep score. Courts are open for beginners and experienced players. Lake Lynn has 3 courts

Lake Lynn Community Center
#168329 Jan 2-Jun 5 F 11:00am-3:00pm

Table Tennis – Open Play

Age: All Ages. Join us at Lake Lynn for a spirited game of table tennis—all abilities are welcome!

Lake Lynn Community Center
#167980 Jan 6-Apr 28 T 6:30-9:00pm
#167981 Jan 3-Apr 25 Sa 9:00-11:00am

Table Tennis Brier Creek

Age: 18yrs and up. Come and join Friday evenings of fun and competition playing table tennis. All levels and ages welcome and encouraged to play. USATT affiliated tournaments held throughout the year. Daily visit cost \$5. Multi day passes sold. Instructor: Jim McQueen.

Brier Creek Community Center – Course Fee: \$5
#167882 Jan 2 F 5:45-9:00pm

Tennis – Free play for adults

Age: 18yrs and up. Free play for adults are held at Biltmore Hills Tennis Courts on Tuesday and Thursday evenings throughout the year at 6:30pm. This is a drop-in program which is organized by the Ebony Racquet Club, for all levels of play, simply show up and play.

Biltmore Hills Community Center
#167446 Jan 1-Apr 30 T,Th 6:30-9:00pm

Tennis Adult Cardio – All Levels

Age: 18yrs and up. Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Class length is 7 weeks which includes one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Millbrook Tennis Center – Course Fee: \$60
#167529 Mar 10-Apr 21 T 9:00-10:00am
#167530 Mar 12-Apr 23 Th 9:00-10:00am
#167531 Mar 13-Apr 24 F 9:00-10:00am

Tennis Adult Level 1

Age: 18yrs and up. No experience needed for this class. You will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non marking sneakers and your racquet. Racquets are available to borrow. Class length is 7 weeks which includes one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Lake Lynn Community Center
Course Fee: \$120
#167243 Mar 9-Apr 22 M,W 6:00-7:00pm
Course Fee: \$60
#167244 Mar 7-Apr 18 Sa 9:00-10:00am
Millbrook Tennis Center
Course Fee: \$120
#167188 Mar 9-Apr 27 M,W 10:00-11:00am
#167223 Mar 9-Apr 22 M,W 6:00-7:00pm
#167224 Mar 9-Apr 22 M,W 7:00-8:00pm
#167225 Mar 10-Apr 23 T,Th 11:00am-12:00pm
#167226 Mar 10-Apr 23 T,Th 7:00-8:00pm
Course Fee: \$60
#167227 Mar 7-Apr 25 Sa 9:00-10:00am

Tennis Adult Level 2.0/2.5 Drills

Age: 18yrs and up. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. Must be NTRP 2.0 or 2.5 level. To pass, players must successfully demonstrate these techniques while playing a match. Class length is 7 weeks which includes one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Lake Lynn Community Center

Course Fee: \$120

#167270 Mar 10-Apr 23 T,Th 6:00-7:00pm

Millbrook Tennis Center

Course Fee: \$120

#167248 Mar 9-Apr 27 M,W 11:00am-12:00pm

#167250 Mar 9-Apr 22 M,W 6:00-7:00pm

#167251 Mar 10-Apr 23 T,Th 10:00-11:00am

#167256 Mar 10-Apr 23 T,Th 7:00-8:00pm

Course Fee: \$60

#167257 Mar 7-Apr 25 Sa 10:00-11:00am

Tennis Adult Level 3.0 Drills

Age: 18yrs and up. Must be at the NTRP 3.0 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to level 4, players must be at the 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class length is 7 weeks which includes one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Lake Lynn Community Center

Course Fee: \$120

#167325 Mar 9-Apr 22 M,W 8:00-9:00pm

Millbrook Tennis Center

Course Fee: \$120

#167280 Mar 9-Apr 22 M,W 7:00-8:00pm

#167281 Mar 10-Apr 23 T,Th 6:00-7:00pm

Course Fee: \$60

#167282 Mar 7-Apr 25 Sa 11:00am-12:00pm

Tennis Adult Level 3.5 Drills

Age: 18yrs and up. Requirements: Must be at the NTRP 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This is a drills class which will work on all of your strokes. To graduate from this class, matches must be at the 4.0 level. Class length is 7 weeks which includes one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Millbrook Tennis Center

Course Fee: \$120

#167329 Mar 10-Apr 23 T,Th 6:00-7:00pm

Course Fee: \$60

#167334 Mar 7-Apr 25 Sa 12:00-1:00pm

Tennis Adult Level 4.0/4.5 Drills

Age: 18yrs and up. Must be at the NTRP 4.0 level or higher or able to hit topspin and underspin during matches, this is a drill class which has less instruction and more drilling. We don't work on your technique; we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Class length is 7 weeks which includes one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Millbrook Tennis Center

Course Fee: \$120

#167343 Mar 9-Apr 22 M,W 7:00-8:00pm

Tennis Adult Singles Ladder

Age: 18yrs and up. Recreational singles ladder play for all levels. Participants play challenge matches for points. Players may join the ladder anytime. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament.

Millbrook Tennis Center

Course Fee: \$24

Men's 3.0

#167069 Mar 2-May 3 M

Men's 3.5

#167070 Mar 2-May 3 M

Men's 4.0

#167071 Mar 2-May 3 M

Men's 4.5

#167072 Mar 2-May 3 M

Coed Open

#167073 Mar 2-May 11 M

Women's 2.5

#167074 Mar 2-May 3 M

Women's 3.0

#167075 Mar 2-May 3 M

Women's 3.5

#167076 Mar 2-May 3 M

Women's 4.0/4.5

#167077 Mar 2-May 3 M

Tennis Quadrants

Age: 18yrs and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be courts of doubles matches. A player will play a total of 24 games in a round robin format-8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quad. All players are responsible for being present or having a substitute present. New balls will be provided each week.

Millbrook Tennis Center

Course Fee: \$40

Mens and Womens Morning

#167378 Mar 4-May 13 W 9:30-11:30am

Women's Evening

#167415 Mar 2-May 11 M 7:00-9:00pm

Men's Evening

#167421 Mar 5-May 14 Th 7:00-9:00pm

Volleyball – Coed BB

Age: 18yrs and up. Tired of being a couch potato? It's time to do something about it. A high level of competition. If you enjoy team work, setting, spiking and blocking, this may be the sport for you. It's time to volley.

Roberts Park Community Center

#168273 Apr 15-Jun 3 W 6:30-9:00pm

Course Fee: \$250

#168270 Apr 15-Jun 3 W 6:30-9:00pm

Volleyball Open-Play

Age: 16yrs and up. If you enjoy playing volleyball with others in a competitive atmosphere, then this is for you!

Halifax Community Center

#168325 Jan 9-Feb 6 F 6:30-8:30pm

#168326 Feb 6-20 F 6:30-8:30pm

#168327 Mar 6-27 F 6:30-8:30pm

#168328 Apr 3-24 F 6:30-8:30pm

Senior**Basketball – Active Adult 3-on-3 Tournament**

Age: 50yrs and up. 3-on-3 basketball tournament for adults age 50 and over. The tournament will follow the Senior Games rules. Teams will play a minimum number of games depending on how Teams must register by March 13. Registration fee is per team. Please call Barwell Road Community Center at 919-996-5994 for more information.

Barwell Road Community Center

Course Fee: \$20

#166384 Mar 21 Sa 9:00am-6:00pm

#166385 Mar 21 Sa 9:00am-6:00pm

#168245 Mar 21 Sa 9:00am-6:00pm

Basketball – Senior Women's Open Play

Age: 50yrs and up. Did you play basketball in high school or college or on a church or community team? Do you want to play again? Please join other women on Monday evenings from 7-9pm at Green Road Community Center for the opportunity to enjoy new friends, fitness and fun and to play and compete under Senior Game rules. The game is played on just one-half of the basketball court with the three players from each team playing offense and defense.

Green Road Community Center

#165083 Mar 2-Apr 27 M 7:00-9:00pm

Pickleball

Age: All Ages. Pickleball is a wonderful fitness and social activity that combines racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No experience is necessary, and all equipment is provided.

Five Points Center for Active Adults

#165513 Jan 7-Apr 29 W 12:30-3:00pm

Optimist Community Center

#165515 Jan 6-Apr 30 T,Th 12:30-2:30pm

Table Tennis Free Play

Age: 50yrs and up. Learn to play table tennis — all ability levels are welcome.

Five Points Center for Active Adults

#165942 Jan 5-Apr 27 M 1:00-3:00pm

Tennis – Free Play For Seniors

Age: 55yrs and up. Free organized play for senior tennis players at Millbrook Exchange Tennis Center. Held throughout the year, this is a drop-in mixer with all levels of play. Simply show up and play.

Millbrook Tennis Center

#167423 Jan 5-Apr 30 M,Th 9:00am-12:00pm

Family**Badminton**

Age: 12yrs and up. Join us for some badminton! All abilities are welcome. Tuesdays and Friday evenings starting at 6:30pm and Sunday afternoons starting at 1:15pm! Cost is \$5/day or a yearly pass \$40.

Lake Lynn Community Center

Mar 8-Oct 16

Additional Facility and Program Information

For a complete listing of Raleigh Parks and Playgrounds, visit parks.raleighnc.gov

Facilities

Amusements

Pullen Park Amusements

520 Ashe Avenue Raleigh, NC 27606

Phone: 919-996-6468

Park Manager: Marvin Howell

Email: Marvin.Howell@raleighnc.gov

Assistant Park Manager: Greg Thompson

Email: Greg.Thompson@raleighnc.gov

Amusements Director: Richard Costello

Phone: (919) 996-6468

Email: richard.costello@raleighnc.gov

Pullen Amusements offers popular amenities such as a recently renovated 1911 Gustave A. Dentzel menagerie carousel, updated C.P. Huntington Train ride, pedal boat rentals on Lake Howell, a kiddie boat ride, fresh and stimulating playground, picnic shelter rentals, and "Pullen Place" our park's café with seasonal menus as well as standard park fare menu.

Tickets are \$1 for all ages 13 months and older. Riders 12 months and younger are free with a paying adult. Riders must be at least 42 inches tall to ride unaccompanied on most rides.

Hours of Operation

January-March	10:00am-6:00pm
April	10:00am-9:00pm

John Chavis Memorial Park Carousel

505 Martin Luther King Jr. Boulevard Raleigh, NC 27601

Carousel Supervisor: Marvin Howell

Phone: (919) 996-6468

Email: Marvin.Howell@raleighnc.gov

Re-live the memories while riding the newly renovated Allan Herschell Carousel in its new location within the park.

Tickets are \$1 for all ages 13 months and older. Riders 12 months and younger are free with a paying adult. Riders must be at least 42 inches tall to ride unaccompanied on most rides.

Hours of Operation

January-March	10:00am-6:00pm
April	10:00am-9:00pm

Greenways

919-996-3285

The Capital Area Greenway is a linear system of open space located along rivers, creeks, and streams, which can include public recreation trails for activities such as walking, jogging, hiking, fishing, picnicking,

and outdoor fun. The trails connect many of Raleigh's parks and in many cases complement the recreational activities at the parks. The Neuse River, Walnut and Crabtree Creeks and their tributaries are the framework of the Capital Area Greenway System. Many of the city's major ecological features can be experienced in their natural state along these water courses. If you would like to request a hard copy of our greenway map, please call 996-3285. You can also view the map using a KML file and Google Earth—visit www.parks.raleighnc.gov To Apply for the Greenway Volunteer Program email rpvolunteer@raleighnc.gov

Historic Homes

Mordecai Historic Park

1 Mimosa Street, Raleigh NC, 27604

(919) 996-4364

www.raleighnc.gov/museums

Site Manager: Douglas Porter

Email: douglas.porter@raleighnc.gov

Assistant Site Manager: Brynn Hoffman

Email: brynn.hoffman@raleighnc.gov

The Mordecai House at Mordecai Historic Park is the oldest home in Raleigh on its original location and was once the seat of one of the largest plantations in Wake County encompassing more than 5,000 acres. The park also features historic structures moved to Mordecai for preservation, including the Birthplace of Andrew Johnson and St. Mark's Chapel. The Chapel and grounds are a popular spot for wedding rentals. Tours of the Mordecai Mansion and other historic buildings are offered Tuesday through Sunday—call or visit our website for times. The cost is \$5 for adults, \$3 for youth (7-17), \$3 for seniors (65+), and children 6 and under are free. In addition, Mordecai conducts family friendly events throughout the year.

The Tucker House

The Tucker House was built in 1914 for Garland S. Tucker, owner of G.S. Tucker Furniture Company. The home was donated to the City of Raleigh by the Tucker Family in 1975. At that time, the home was located one block west, at 420 N. Blount Street. It was moved to its present site by the City and renovated as a Community Meeting House. Many house furnishings have been donated by families of deceased members of the Oakwood Community. Today the downstairs portion of the Tucker House is available

for weddings, receptions, meetings, small conferences and other approved functions. For more information call 919-831-6009.

The Borden Building

The Borden Building is one of the two remaining buildings on the former campus of the Methodist Home for Children. Built in 1900, it was the home of the Superintendent of the Orphanage and later served as home to hundreds of children. Purchased by the City of Raleigh in 1982, the house and its companion, Fred Fletcher Park provides a wealth of history and tranquility in an urban setting. The Borden Building was extremely renovated in 1992 and is presently available for weddings, receptions, meetings, small conferences, and other approved functions. For more information call 919-996-4363 and leave a message for the caretaker.

Lakes

Lake Johnson Park

4601 Avent Ferry Road, Raleigh NC, 27606

(919) 233-2121

Park Manager: Mark Elmore

Email: Mark.Elmore@raleighnc.gov

Year-round (October-March closed Mondays)

Assistant Park Manager: Zac Huston

Email: Zac.Huston@raleighnc.gov

Lake Wheeler Park

6404 Lake Wheeler Road, Raleigh NC, 27603

(919) 662-5704

Park Manager: Chris Murray

Email: Chris.Murray@raleighnc.gov

Assistant Park Manager: Ben Coats

Email: Ben.Coats@raleighnc.gov

Year-round (October-March closed Mondays)

Lake Facility Rentals

Both Lake Johnson and Lake Wheeler offer a beautiful setting to hold a variety of special events including: weddings/receptions, family reunions, company outings, business meetings, etc. For more information about available rentals contact the facility or visit www.parks.raleighnc.gov

Boat Rentals

Both Lake Johnson and Lake Wheeler have a variety of motorized and non-motorized boats available for rental (weather and temperature conditions permitting). Please contact each facility for additional information.

Private Boat Launchings

Lake Wheeler and Lake Johnson (non-motorized only) permit private boat launches with a fee. Contact each site for current fees, pass options, permitted types of boats, no-wake hours, and other guidelines.

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Account and Program Registration Form

Main Contact

Remember you can also register online with at RecLink.raleighnc.gov!

☐ **Raleigh Resident** ☐ **Non-resident** Add \$15 to course. Non-resident fees do not apply to Specialized Recreation Programs or courses less than \$15.

Last Name _____ First Name _____ DOB ____ / ____ / ____ ☐ Male ☐ Female

Mailing Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____ *Email _____

Emergency Contact _____ Phone _____

Pictures or video may be taken of participant for use in program publicity. ☐ Please check, if you **do not** approve

Registration Receipt: (for mail-in) I would like my receipt (please check one) ☐ **emailed (valid email address required)** ☐ **printed/mailed**

* By providing my email address I agree to receive email communication from Raleigh Parks, Recreation and Cultural Resources .

The City of Raleigh Parks, Recreation and Cultural Resources Department welcomes the participation of all individuals, including those with disabilities or special needs. We are committed to compliance with the ADA and will provide reasonable accommodations to facilitate participation in our programs. **To ensure that reasonable accommodations are in place, program registration or accommodation request should be received at least two weeks prior to the start date of the program.** For more information please contact Inclusion Services 919.996.2147

Participant #1 Information

Participant #1 Name _____ DOB ____ / ____ / ____ ☐ Male ☐ Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

We are fully committed to complying with the American's with Disabilities Act (ADA). See above paragraph.

Please list any disability or accommodation request: _____

<u>Course Barcode</u>	<u>Program Name</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Participant #2 Information

Participant #2 Name _____ DOB ____ / ____ / ____ ☐ Male ☐ Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

We are fully committed to complying with the American's with Disabilities Act (ADA). See above paragraph.

Please list any disability or accommodation request: _____

<u>Course Barcode</u>	<u>Program Name</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Account Information

☐ **Create a New Account**

☐ **Update my Account**

☐ **Please send me My Family PIN and Client Barcode**

Registration Information

Payment is required at the time of registration. Please use this form for registration, and mail to the facility where the program is held.

Non-City of Raleigh Resident Fee (\$15/course) \$ _____

I would like to make a donation to support a child's participation in
Raleigh Parks, Recreation and Cultural Resources Programs (specify amount) \$ _____

I would like to make a donation to support tree planting in Raleigh through the Neighborwoods Program (specify amount) \$ _____

TOTAL AMOUNT DUE \$ _____



Account and Program Registration Form

Payment Information

☐ **Check #** _____ (checks payable to City of Raleigh) ☐ **Money Order**

☐ **Credit Card:** ☐ **Visa** ☐ **Mastercard** ☐ **American Express** Expiration Date _____ Amount \$ _____

Print name as it appears on card _____ Billing Address _____

Card # _____ Signature _____ Date _____

Refund Policy

All refund requests received in writing 14 days or more in advance of the start date of the program/rental/team placement are entitled to:

- 100% refund/credit/transfer if the department cancels program or facility rental, 100% credit or transfer of fees to another program at time of withdrawal or, 85% refund based on total cost of program, 85% credit/transfer/refund of eligible rental fees
- Refund/credit/transfer requests received less than 14 days prior to the start date of a program/rental/team placement will not be granted
- Refunds for medical reasons requested prior to the start date of a program/rental/team placement will be granted at 100%, subject to verification
- Outdoor facility usage cancelled due to inclement weather may be rescheduled pending space availability
- A credit may be used by any family member on the same registration account
- Non-attendance/non-participation in a program does not entitle a patron to a refund.

Refund requests may be mailed to: **Raleigh Parks, Recreation and Cultural Resources Department**

Attn: Recreation Business Office, Pullen Arts Center, 105 Pullen Road, Raleigh NC 27607

Non-Discrimination Policy

The City of Raleigh does not discriminate on the basis of race, color, national origin, sex, religion, age, sexual orientation or disability in employment opportunities or the provision of services, programs or activities. A participant alleging discrimination on the basis of any of the aforementioned areas may file a complaint with either the Director of the Raleigh Parks, Recreation and Cultural Resources Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240.

City of Raleigh Release and Indemnity Agreement

I understand that participating in the recreational program selected involves risk of injury or illness. These risks include, but are not limited to, inclement weather, accidents while traveling, food related illness, equipment problems or failures, contact with and actions of other participants, spectators, and volunteers, slips/trips/falls, and musculoskeletal injuries, among others. I choose for myself or for my child to participate in the selected programs despite the risks.

By signing the Program Registration form, I acknowledge all risks of injury, illness, death, and property damage, and affirm that I have assumed all responsibility of injury, illness, or death in any way connected with participation in the program. I also agree for myself and for any child participant to follow all rules and procedures of the program and to follow the reasonable instructions of the teachers and supervisors of the program.

In return for the opportunity to participate in this program, I agree for myself and for my heirs, assigns, executors, and administrators to release, waive, and discharge any legal rights I may have to seek payment or relief of any kind from the City, its employees or its agents for injury, illness, or death resulting from this program. If I am registering a child for a program, I agree that I am a parent, legal guardian, or am otherwise responsible for the child whose application I am submitting and that I release, waive, and discharge any legal rights that I may assert on behalf of the child participation in the program. I also agree not to sue the City, its employees, or its agents and agree to indemnify the City for all claims, damages, losses, or expenses, including attorney's fees, if a suit is filed concerning an injury, illness, or death to me or to my child resulting from participation in the program.

Registration Date Mail-in, Walk-in, and RecLink Registration begins Tuesday, **December 2, 2014**

By signing below, I acknowledge that I have read, understand, and agree to the City of Raleigh policies listed on this form.
Signature is required to complete the registration process.

Participant Signature _____ **Date** _____

Signature of parent/legal guardian if child is under 18 _____ **Date** _____

Additional Facility and Program Information

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Fishing Opportunities

Bank fishing from the shores is restricted from the banks of Lake Wheeler and Lake Johnson. Fishing is permitted from Lake Johnson's Boardwalk and Shelley Lake's shorelines and docks. A fee is required for fishing at Lake Wheeler and is permitted from designated fishing piers and the banks of Simpkins Pond. Fishing from any boat is allowed. Please check each facility for additional regulations.

Off-Leash Dog Parks

Raleigh Parks, Recreation and Cultural Resources encourages you and your dog to come out and enjoy the park facilities located throughout Raleigh. Each park is managed by volunteers and depends on responsible dog ownership and etiquette. These dog parks are areas where you can take your dogs and let them off leash, while remaining in compliance with Raleigh city ordinances. They are located at Carolina Pines Park, Millbrook Exchange Park, and Oakwood Park.

Museums

COR Museum

Museum Director: Ernest Dollar

Email: ernest.dollar@raleighnc.gov

Assistant Museum Director: Kimberly Floyd

Email: kimberly.floyd@raleighnc.gov

220 Fayetteville St. Raleigh, NC 27601

Phone: 919-996-2220

COR Museum is located on Fayetteville Street, Raleigh's "Main Street" and the center of downtown. Originally established in 1993 as a non-profit entity, the City of Raleigh assumed operational control of the museum in 2012. Housed in a historic former hardware store, the museum is dedicated to preserving and interpreting the history of North Carolina's capital city while envisioning its future. The museum curates temporary and permanent exhibits about the city's people, places, and resources, maintains a collection of approximately 5,000 artifacts, and offers educational programming and tours. The COR Museum is open Tuesday-Saturday from 9:00am to 4:00pm and Sundays from 1:00 to 4:00pm. Admission is free.

Pope House Museum

511 South Wilmington St. Raleigh, NC 27601

Phone: 919-996-2220

The Pope House Museum was originally built in 1901 as the home to Dr. Manassa Pope and his wife. Dr. Pope holds the distinction of being the first medically licensed African-American doctor in the state.

The structure has undergone a transition from private management to City of Raleigh Parks, Recreation and Cultural Resources Department management, and will be open for regular tours for the first time. The Pope House Museum's new hours will be Saturdays, 10:00am-3:00pm and by appointment during the week. Saturday tours start on the hour with the first at 10:00am and the last tour beginning at 2:00pm. A new program has been developed to inform the public about one of Raleigh's more interesting citizens. Exterior work is being performed on the structure to improve in its appearance and make the house more closely resemble its appearance from the 1930s.

Playgrounds

The City of Raleigh owns and operates many playgrounds throughout Raleigh. For a list of playgrounds including location, age recommendation, surfacing, and photos, please visit www.parks.raleighnc.gov

Saint Monica Teen Center

The Saint Monica Teen Center is the first teen center operated by Raleigh Parks, Recreation and Cultural Resources and provides a wide range of programs and opportunities for teenagers in Raleigh! The facility houses a state of the art technology room, teen lounge, fitness/dance room, multipurpose classroom, wall of history, and homework area. The Saint Monica Teen Center is open to ages 13-19 that are currently enrolled in a middle or high school. Membership is required to utilize the Saint Monica Teen Center. Please call 919-996-4770 for more information.

Tennis Center and Courts

The Raleigh Parks, Recreation and Cultural Resources Department offers 112 public tennis courts (108 are lighted) located at 25 sites throughout the city. No advanced sign up is necessary and it is free to play at any location each day until 10:00pm. Millbrook also has a drop in doubles challenge court, a ball machine court and three backboards. Racquets and balls are available to borrow and tennis accessories are available for purchase. Tennis program updates and forms can be downloaded from www.raleightennis.com. To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 872-4128.

Programs

English As a Second Language

Program Director: Monica Quechol-Bradley

The English as a Second Language Program (ESL) offers new and innovative recreation opportunities and experiences for residents of Wake County who speak English as a Second Language. Programs are geared towards youth and adults alike. Opportunities include various foreign language classes, English as a Second Language classes, computer classes among many others. Volunteers are always needed to assist with promoting our programs and help teach English. Further information can be found throughout this brochure, or on our website. From the City of Raleigh home page search for English as a Second Language, or call the ESL program at 919-996-6844.

Historic Resources and Museum Program

Program Director: Troy Burton

The HRM Program manages operations and programs at the Borden Building and Stone Circle at Fletcher Park, the City of Raleigh Museum, the Fred Fletcher Amphitheater at Fletcher Park, John Chavis Memorial Park Historic Attractions, the Latta House and University Site, Mordecai Historic Park, the Pope House Museum, Pullen Park Historic Attractions, and the Raleigh Trolleys. The Historic Resources and Museum Program manages an artifact collection consisting of more than 18,000 fine and decorative material culture objects. The program offers various programs throughout the year including guided tours and rentals at the facilities, school field trips, summer camps, and special events.

NeighborWoods

NeighborWoods is the City of Raleigh's street tree program. Our mission is to cooperate with local residents to replace trees that disappear from the urban landscape due to development and inclement weather. We help ensure that Raleigh lives up to its name, "The City of Oaks", while enhancing the sense of community amongst its citizens. NeighborWoods provides and prunes the trees, free of charge, and the homeowner must plant the tree on the city right of way, while pledging to water the tree for the first two years. Our goal is to plant at least 1500 trees every year. Together we have planted over 12,000 trees since 2004. NeighborWoods trees are purchased solely through donations and we rely on volunteers to help us plant trees for those who are

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Additional Facility and Program Information

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disabled. If you would like to make a tax deductible contribution, please, enter the donation amount in the designated box on the Raleigh Parks, Recreation and Cultural Resources Department – Account and Registration Form located in this brochure, or mail a check to:

Raleigh NeighborWoods

Attn: Recreation Business Office
Pullen Arts Center, PandR 6501
105 Pullen Road Raleigh, NC 27607

For other contribution options, to request a tree or volunteer please contact the Tree Planting Coordinator at 919-996-4115 or email trees@raleighnc.gov. For more information on NeighborWoods visit our website! From the City of Raleigh home page click the Environment tab and then click on the NeighborWoods tree planting link.

School Programs

Youth Programs: 919-996-6165

Program Director: Toni Webb

Email: toni.webb@raleighnc.gov

Program Managers: Beth Soles

Email: beth.soles@raleighnc.gov

Joseph Voska Email: joseph.voska@raleighnc.gov

Youth Programs offers School Based Programs (After School, Before School, and Track Out Programs) and Summer Camps throughout the city for elementary and rising middle school aged participants. To obtain specific program descriptions and to register for these programs, visit your local community center to obtain at School-Based Programs or Summer Camp Brochure. Also, you can visit www.raleighnc.gov and search for the specific program name for more information.

Adult Program

Recreation Program Manager:

Carmen Rayfield 919-996-4720

Email: carmen.rayfield@raleighnc.gov

The Adult Program serves over 7,000 older adults throughout the Raleigh area. Activities are offered at two Active Adult Centers, as well as many city wide community centers and other locations within the City of Raleigh. These activities include sports leagues, exercise classes, bingo, cards, Outdoor Adventure Club, and much more; numerous one-day and overnight trips each year, including cruises and international travel; educational seminars and workshops on a wide range of topics; and a network of 48 senior adult clubs throughout the city. Further information can be found throughout this brochure under the Senior Sections, or by calling 919-996-4730 or 919-996-4720.

Teen Programs

Program Supervisors:

Daniel Price, Kent Hunt and Chiffonda Holloway
The Teen Program of Raleigh Parks, Recreation and Cultural Resources provides recreation, education, career exploration, personal and social empowerment, and personal development for the purpose of serving teens ages 12-18 in the City of Raleigh and Wake County through various programs and events. The goal of the program is to provide an opportunity for youth to initiate, plan, and implement programs as well as to design and develop projects and special events that will be of benefit to their peers, the community, and to themselves as individuals. For information on Teen programs, call 919-996-2139.

Portable Challenge Course for Teens

Age: 11-18yrs. Let the Teen Program Staff custom design a team building workshop to help meet your group's needs and challenges. Initiative activities are utilized to enhance problem solving, team building, conflict resolution and other life skills through experiential learning and will be tailored to your specific group. These programs are great for schools, church groups, student councils, drop-out prevention programs, and many other established youth groups. Courses will be held at the site of the participants' choosing and will be scheduled according to availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$20 per staff hour of program with a minimum of 2 hours; we require a 1 to 8 staff member to student ratio.

Raleigh Youth Council

Are you a high school student that is interested in initiating, organizing and executing programs and projects that benefit youth? The Raleigh Youth Council is for teens and is run by teens. They focus their involvement in leadership opportunities, community service, recreation, fundraisers, special events, and State Youth Council conferences. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Wake County. The meetings take place on the second and fourth Mondays of each month during the traditional school year.

Cost: There is no membership fee but there may be additional fees for activities or conferences. Pre-registration is not required. Please contact the Teen Program at 919-996-2139 for more information.

Volunteer Opportunities with Raleigh Parks, Recreation and Cultural Resources

You are invited to make a difference in your community and volunteer with Raleigh Parks, Recreation and Cultural Resources. Individuals, families, students, businesses and organizations have an opportunity to contribute time, talents and resources to our City parks, programs and facilities.

Volunteer Opportunities in the Parks

Volunteers can enhance City Parks and facilities through the following projects:

- Gardening/Landscaping
- Tree plantings
- Mulching
- Litter and debris removal
- Painting projects
- Removal of invasives

The Raleigh Parks, Recreation and Cultural Resources Adopt-A-Park Program utilizes volunteers to enhance city parks, trails and facilities. Over 70 groups currently participate in the program and volunteer quarterly to improve a park or trail.

Volunteer Opportunities in Recreation Programs

Volunteers can assist with the following Recreation Programs:

- Sports and Tournaments** – Youth athletic coaches are needed for baseball, basketball, football, lacrosse, in-line hockey, softball, swimming and tennis
- Special Events** – Assist with registration, set-up, and activities at various citywide special events.
- Specialized Recreation Services** – Assist individuals with developmental and/or physical disabilities in diverse events and activities including Wake County Special Olympics.
- ESL (English as a Second Language) Program** – Assist with teaching basic elements of English, Spanish and other foreign languages. Also by assisting at various special events and with community outreach projects.
- Centers for Active Adults** – Assist with teaching classes, special events, greeters, receptionists, room hosts, tour guides and more
- Mordecai Historic Park** – Assist in the park as docents, gardeners, tour leaders and special events volunteers.

Volunteers can register now online at parks.raleighnc.gov
For more information contact
Cindy Trumbower at
cindy.trumbower@raleighnc.gov or
call (919)996-3292.

Directory

Frequently Called Numbers

Adopt-A-Park	919-996-3292
City Cemeteries	919-996-6548
General Park Maintenance	919-996-4115
Facilities and Operations	
Facilities, Irrigation, Lighting	919-996-3420
General Recreation	919-996-6640
Greenways	919-996-4786
Greenway Map Request	919-996-3285
ReLink Support	919-996-2153

Division

Administration	919-996-3285
Design/Development	919-996-4824
Maintenance/Parks	919-996-4115
Marketing	919-996-3285
Raleigh Arts	919-996-3610
Recreation	919-996-6640
Urban Forestry	919-996-4115

Programs

Adult Program	
Anne Gordon Center for Active Adults	919-996-4720
Five Points Center for Active Adults	919-996-4730
Adventure Program	919-996-6855
Amusements	
520 Ashe Avenue	919-996-6468
Aquatics and Swimming Pools	
2401 Wade Avenue	919-996-6852
Arts Program	919-996-4683
Athletic Program	
2401 Wade Avenue	919-996-6836
Athletics Leisure Line Update	
2401 Wade Avenue	(24 hr. recording) 919-996-6575
Community Centers Program	
2401 Wade Avenue	919-831-6685 / 919-831-6677
English as a Second Language Program	
2401 Wade Avenue	919-996-6844
Nature Programs	
2401 Wade Avenue	919-996-6856
Specialized Recreation Services	
2401 Wade Avenue	919-996-6640
Adults	919-996-2149
Inclusion Services	919-996-2145 or 919-996-2146
Social Clubs	919-996-2148
Visually Impaired	919-996-2147
Youth	919-996-2110
Special Olympics Wake County	919-996-2111
Tennis Program – Millbrook Exchange Tennis Center	
1905B Spring Forest Road	919-872-4128
Teen Program	
2401 Wade Avenue	919-996-2139
Urban Forestry	919-996-4115 / 919-872-4137 (fax)
Volunteer Programs	
222 W. Hargett Street	919-996-3292
Youth Programs	
820 Clay Street, 27605	919-996-6165
After School Program	
Before School Program	
Summer Camps	
Track Out Program	

Facilities

All Children's Playground c/o Laurel Hills Park	
— •BEG	
3808 Edwards Mill Road, 27612	
919-420-2383	
Anderson Point Park c/o Barwell Road	
— •EKMN	
20 Anderson Point Drive, 27610	
919-996-5994	
Anne Gordon Center for Active Adults	
— •L	
1901 Spring Forest Road, 27615	
919-996-4720	
Annie Louise Wilkerson, MD Nature Preserve Park	
— •K	
5229 Awls Haven Drive, 27614	
919-996-6764	
Baileywick Road Park c/o Lake Lynn	
— •BEM	
9501 Baileywick Road, 27615	
919-870-2911	
Barwell Road Community Center	
— •AZ	
5857 Barwell Park Drive, 27610	
919-996-5994	
Barwell's Open Play Line:	919-996-6736
Biltmore Hills Park and Community Center	
— •ABCDEGMZ	
2615 Fitzgerald Drive, 27610	
919-831-6895	
Biltmore Hills Swimming Pool	
— •D	
701 Crown Crossing Lane, 27610	
919-831-6736	
Borden Building at Fletcher Park	
— GMV	
820 Clay Street, 27605	
919-831-6430	
Brentwood Neighborhood Park and Center c/o Green Road	
— •BCEGM	
3315 Vinson Court, 27604	
919-872-4140	
Brier Creek Community Center	
— •AEGMWZ	
10810 Globe Road, 27617	
919-420-2340	
Brookhaven Nature Park	
— •K	
5125 Berkeley Street, 27612	
919-996-6856	
Buffaloe Road Aquatics Center	
— D	
5908 Buffaloe Road, 27616	
919-996-5600	
Buffaloe Road Athletic Park	
— BEW	
5900 Buffaloe Road, 27616	
919-996-6836	
Carolina Pines Park, Community Center, and Off-Leash Dog Park	
— •ABCEUZ	
2305 Lake Wheeler Road, 27603	
919-831-6435	
Cedar Hills Park c/o Optimist	
— •BCEFGHM	
5600 Sweetbriar Drive, 27609	
919-870-2880	

City of Raleigh Museum (COR)	
220 Fayetteville Street, 27601	
919-996-2220	
Durant Nature Preserve	
— •EKMOQ	
8305 Camp Durant Road, 27614	
919-870-2871	
Eastgate Neighborhood Park Center c/o Millbrook	
— •CE	
4200 Quail Hollow Drive, 27609	
919-996-4156	
Fallon Park c/o Optimist	
2601 Oxford Road 27608	
919-870-2880	
Five Points Center for Active Adults	
— •LZ	
2000 Noble Road, 27608	
919-996-4730	
Fred Fletcher Park c/o Jaycee	
820 Clay Street, 27605	
919-996-6833	
Garris Building c/o Jaycee	
820 Clay Street, 27605	
919-996-6833	
Glen Eden Pilot Neighborhood Center c/o Jaycee	
— •CM	
1500 Glen Eden Drive, 27612	
919-996-6833	
Green Road Park and Community Center	
— •ABCEGMRZ	
4201 Green Road, 27604	
919-872-4140	
Greystone Recreation Center	
— •E	
7713-55 Lead Mine Road, 27615	
919-996-4848	
Halifax Park and Community Center	
— AEG	
1023 Halifax Street, 27604	
919-996-6378	
Hill Street Park and Neighborhood Center	
— •EM	
2307 Hill Street, 27604	
919-996-5300	
Honeycutt Park c/o Millbrook Exchange	
— BEGRMN	
1032 Clear Creek Farm Road, 27615	
919-996-4156	
Isabella Cannon Park c/o Jaycee	
2601 Kilgore Avenue, 27608	
919-996-6833	
Jaycee Park and Community Center	
— •ABCEJMRVZ	
2405 Wade Avenue, 27607	
919-996-6833	
John Chavis Memorial Park and Community Center	
— •ABCDEMNWZ	
505 MLK Jr. Boulevard, 27601	
919-831-6989	
John Chavis Memorial Park Swimming Pool	
— •D	
720 Chavis Way, 27601	
919-831-6565	
John P. "Top" Greene Center	
— •	
401 MLK Jr. Boulevard, 27601	
919-831-6527	

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Kentwood Park

4531 Kaplan Drive, 27606
919-831-6435

Kingwood Forest c/o Biltmore

2610 Evers Drive, 27610
919-831-6895

Kiwanis Neighborhood Park and Center c/o Optimist

— •BEGM
2525 Noble Road, 27608
919-870-2880

Lake Benson

— OPQ
Buffaloe Road, Garner, 27529
919-662-5703

Lake Lynn Park and Community Center

— •ABCENQZ
7921 Ray Road, 27613
919-870-2911

Lake Johnson Park

— •MNOPQ
4601 Avent Ferry Road, 27606
919-233-2121

Lake Johnson Swimming Pool

— •D
5623 Jaguar Park Drive, 27606
919-233-2111

Lake Wheeler Park

— EJMOPQ
6404 Lake Wheeler Road, 27603
919-662-5704

Laurel Hills Park and Community Center

— •ABEGMZ
3808 Edwards Mill Road, 27612
919-420-2383

Lions Park and Community Center

— •ABCEGMZ
516 Dennis Avenue, 27604
919-831-6995

Lions Park BMX Track

— S
516 Dennis Avenue, 27604
919-831-6995

Longview Swimming Pool

321 Bertie Drive, 27610
919-831-6343

Marsh Creek Park, Community Center, and Skate Park and Inline Hockey Rink

— •ABEMTYZ
3050 New Hope Road, 27604
919-996-4920

Method Road Park and Community Center

— •AEGZ
514 Method Road, 27607
919-996-6066

Millbrook Exchange Community Center

*Closed for site improvements from late August – early November. Improvements include upgraded accessibility to bathrooms and classrooms. Visit parks.raleighnc.gov for project updates.

Millbrook Exchange Swimming Pool

— •D
1905 Spring Forest Road, 27615
919-872-4130

Millbrook Exchange Tennis Center

— C
1905 B Spring Forest Road, 27615
919-872-4128

Mordecai Historic Park

— V
1 Mimosa Street, 27604
919-996-4364

North Hills Park c/o Optimist

— BCEMN
100 Chawan Circle, 27609
919-870-2880

Oakwood Off-Leash Dog Park c/o Lions

— BMGU
910 Brookside Drive, 27604
919-831-6995

Optimist Park and Community Center

— •ABCDEN
5900 Whittier Drive, 27609
919-870-2880

Optimist Swimming Pool

— •D
5902 Whittier Drive, 27609
919-870-2882

Peach Road Neighborhood Center

— •EG
911 Ileagnes Road, 27603
919-807-8545

Pope House Museum

511 South Wilmington Street, 27601
919-996-2220

Powell Drive Park c/o Method

— •CEG
740 Powell Drive, 27606
919-996-6066

Pullen Park Amusements

— •CEMOPZ
520 Ashe Avenue, 27606
919-996-6468

Pullen Aquatic Center

— •D
410 Ashe Avenue, 27606
919-831-6197

Pullen Arts Center

— •L
105 Pullen Road, 27607
919-996-6126

Pullen Community Center

— Z
408 Ashe Avenue, 27606
919-831-6052

Raleigh Little Theatre/Rose Garden

— •V
301 Pogue Street, 27607
919-821-4579

Ralph Campbell Community Center

— •G
756 Lunar Drive, 27610
919-250-2757

Raleigh City Museum

220 Fayetteville Street, 27601
919-996-2220

Ridge Road Swimming Pool

— •D
1709 Ridge Road, 27607
919-420-2322

Roberts Park and Community Center

— •ABCEGLMZ
1300 E. Martin Street, 27610
919-831-6830

Saint Monica Teen Center

15 North Tarboro Street, 27610
919-996-4770

Sanderford Road Park and Neighborhood Center

— •BCEGM
2623 Sanderford Road, 27610
919-831-1898

Sgt. Courtney T. Johnson Neighborhood Center

— •EGM
1801 Proctor Road, 27610
919-831-6719

Sertoma Arts Center

— •L
1400 W. Millbrook Road, 27612
919-996-2329

Spring Forest Road Park c/o Green Road

— BCEMN
4203 Spring Forest Road 27616
919-872-4140

Tarboro Road Park and Community Center

— •ACEMZ
121 N. Tarboro Street, 27610
919-831-6505

Theatre in the Park

— •
107 Pullen Road, 27607
919-831-6936

Tucker House

— •
418 N. Person Street, 27601
919-831-6009

Walnut Creek Softball Complex

— •B
1201 Sunnybrook Road, 27610
919-250-2725

Walnut Creek Wetland Center

— •KN
950 Peterson Street, 27610
919-831-1960

Williams Park c/o Sertoma Arts Center

— CEMR
6601 Leadmine Road, 27612
919-420-2329

Worthdale Park and Community Center

— •ACEFZ
1001 Cooper Road, 27610
919-250-2730

* Inquiries and mail for unstaffed centers should be sent to c/o site.

Amenities Legend

A	Gymnasiums	O	Lake
B	Lighted Ballfield(s)	P	Boat Rental
C	Tennis Courts	Q	Fishing
D	Pool	R	Sand Volleyball
E	Play Equipment	S	BMX Track
F	Mini Park	T	Inline Skating
G	Outdoor Basketball	U	Dog Park
H	Frisbee Golf	V	Gardens
J	Exercise Trail	W	Walking Track
K	Nature Study	Y	Skate Park
L	Arts	Z	Weight Room
M	Picnic Shelter	•	Handicap Accessible
N	Greenway Trail		



[*#TagURiT*]





City of Raleigh Parks,
Recreation and Cultural Resources
P.O. Box 590 Raleigh, NC 27602
PRCR 6501

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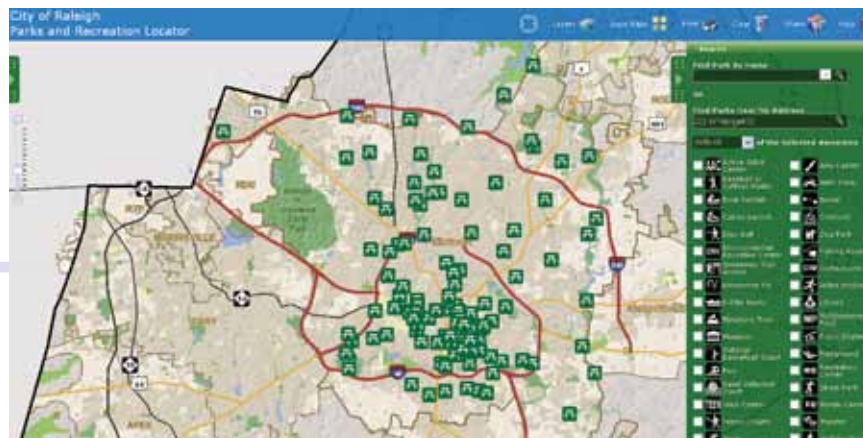
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Explore Your Parks with Park Locator!

Park Locator is a mapping tool for Raleigh parks that allows you to find the closest park to your home, search for parks by amenity, get directions to a park, and explore program offerings at the parks. A mobile application will be coming soon that will allow you to easily search on a smart phone.

Access Park Locator: <http://maps.raleighnc.gov/parklocator/>

* You may also access Park Locator at Parks.raleighnc.gov



[Instagram.com/raleighparks](https://www.instagram.com/raleighparks)



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